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HAMILTON MAKES MOST OF NEW DIGS WITH 13-12 WIN

PAGE 29

A tale of boys, interrupted

Metro brings you the first chapter of The Afterlife of Stars, Joseph Kertes' new novel, in which an invasion throws two brothers' lives into uncertainty PAGES 24 & 25

Love well and love smartly

Nev Schulman, host of Catfish, tells you how to avoid getting scammed when soulmate-searching online PAGE 15

Old school vs. new school in Bloordale

Will changing times and a changing of the guard force a strip-club owner from the local BIA? PAGE 3

ONE LAST HURRAH

Kailyn Dickey, 5, hugs the pink dinosaur that she won with her dad, Mike, at the Canadian National Exhibition on Sunday. The last day of this year's CNE is like a rite of passage for many, marking the end of summer and the return to classrooms across the city. DAVID COOPER/TORSTAR NEWS SERVICE

Why is crime rate dropping?

Public safety. Latest Toronto police data shows fall in gun violence, homicides

As the summer months — typically host to a spike in crime, particularly shootings — wind down this weekend, internal Toronto police statistics show crime drops in key areas.

In addition to a two-per-cent decline overall in the year to date, there has been a drop in gun violence. Compared to this time last year, the number of total shootings is down (18 per cent), as is the tally of gunfire involving injuries (23 per cent).

The city has also seen a 30-per-cent decline in homicides compared to the figure at Aug. 31 last year.

The relative quiet is part of a broader trend of crime decline across the Canada and in many Western countries, one that crime experts have been struggling to explain.

Toronto police acknowledge there's no simple explanation, and that crime rates, high and low, are affected by factors beyond their control.

For the 10th consecutive year, the Statistics Canada's Crime Severity Index showed a drop over the previous year.

"It's a fascinating phenomenon, especially since it's so widespread," said Rosemary Gartner, professor of criminology at U of T. "Criminologists have been struggling to come up with a coherent explanation for a few years."

That struggle has included theories ranging from connecting high crime with lead poisoning — exposure to the metal can alter the human brain, affecting impulse control that leads to crime, the theory goes — to increased access to abortion.

Among the more convincing explanations for the falling rates is that an aging population will see a crime decline. Young men are statistically most likely to commit a property or violent crime.

TORSTAR NEWS SERVICE

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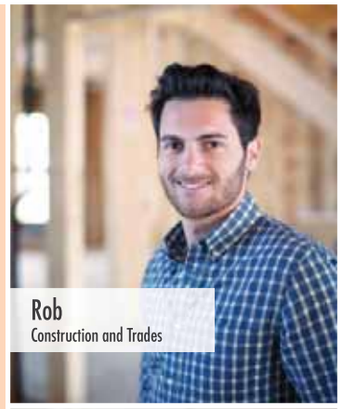

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FIVE THINGS YOU NEED TO KNOW TODAY

1 PRICEY PUCK POOL

Sports broadcasters Jay Onrait and Dan O'Toole help Canadian Cancer Society with launch of fundraising initiative the Million Dollar Hockey Pool at Cabana Pool Bar Tuesday.

2 F!ROSH NITE

Join thousands of students from different schools in Ontario for F!ROSH NITE at Gravity Soundbar for one epic night on Tuesday. Must be over 17.

3 HOMEWORK BAN

Smart idea? An elementary school in Quebec has banned homework in classes from Grade 1 to 6 to see whether it will help improve scholastic outcomes.

4 'SEX GECKOS' DIE

No E.T. geckos, yet. Russia's space agency said its five "sex geckos" — sent into space for a study on weightlessness and sexual behaviour — died along their voyage.

5 ITUNES FEST

The iTunes Festival has now started, with a different live concert each day of the month. Beck is the headliner today. For more info, visit itunesfestival.com.

Robbie Bobbie says no to debates

Mayor Rob Ford signs the third edition of "Robbie Bobbies" bobbleheads at his mother's home in Toronto on Monday. The bobbleheads sell for $30 each and have raised over $22,000 for charity. Ford has dropped out of two mayoral debates planned for this week. This makes three debates he has skipped in less than a month. Ford's director of communications, Jeff Silverstein, confirmed that the mayor will not be attending a debate held by Greenwood Community Association on Tuesday or one organized by FilmOntario on Wednesday. THE CANADIAN PRESS

Strip club owner spawns rivals

Bloordale.
Neighbourhood association hopes BIA chair will be voted out

At one time, Bloordale was a hot spot for cheap drugs, street prostitution and arrests, but major changes have been underway for years on the stretch of Bloor between Dufferin and Lansdowne.

Property values have gone up 35 per cent, according to realtor Tasi Farquhar, with one detached house recently fetching $1,070,000.

The old butts up against the new in Bloordale, and the longstanding House of Lancaster strip club is right in the middle.

Owner Spiro Koumoudouros has been a member of the BIA for 27 years and takes credit for cleaning up Bloordale and making it more inviting for newcomers.

"(Spiro) was one of the only people who would chair the BIA so we have to give him kudos for that. But it doesn't mean he has to continue," said Liza Lukashevsky, who formally joined the BIA this year but has owned the Nuthouse health food store since 2010.

A group of residents formed the Community Improvement Association (CIA) to support new business and want some say in how the BIA is run. They hope when board elections roll around in November, Koumoudouros will be voted out. No one has ever run against him.

Est. 1981 ...

"Featuring some of Toronto's most beautiful all-nude dancers, we remain as one of the most respected gentleman's clubs in Canada," the club's website boasts along with menu items such as the "Gang Bang Platter."

"If anybody wants to run against me, they can run and if they can win, they win. Doesn't bother me," Koumoudouros said.

The group isn't "launching a junta," said CIA founding member Thomas Balatka. "It would be nice to have a change of guard, it would be nice to have new blood to represent the businesses in our neighbourhood."

TORSTAR NEWS SERVICE

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Clear-cell sarcoma

Teen Carley Allison vows not to let return of rare cancer get in her way

Teen singer and skater Carley Allison was busy packing for her first day of university when the news she hoped to never hear arrived — the extremely rare cancerous tumour that forced her to breathe through a hole in her throat has returned and spread to her lungs.

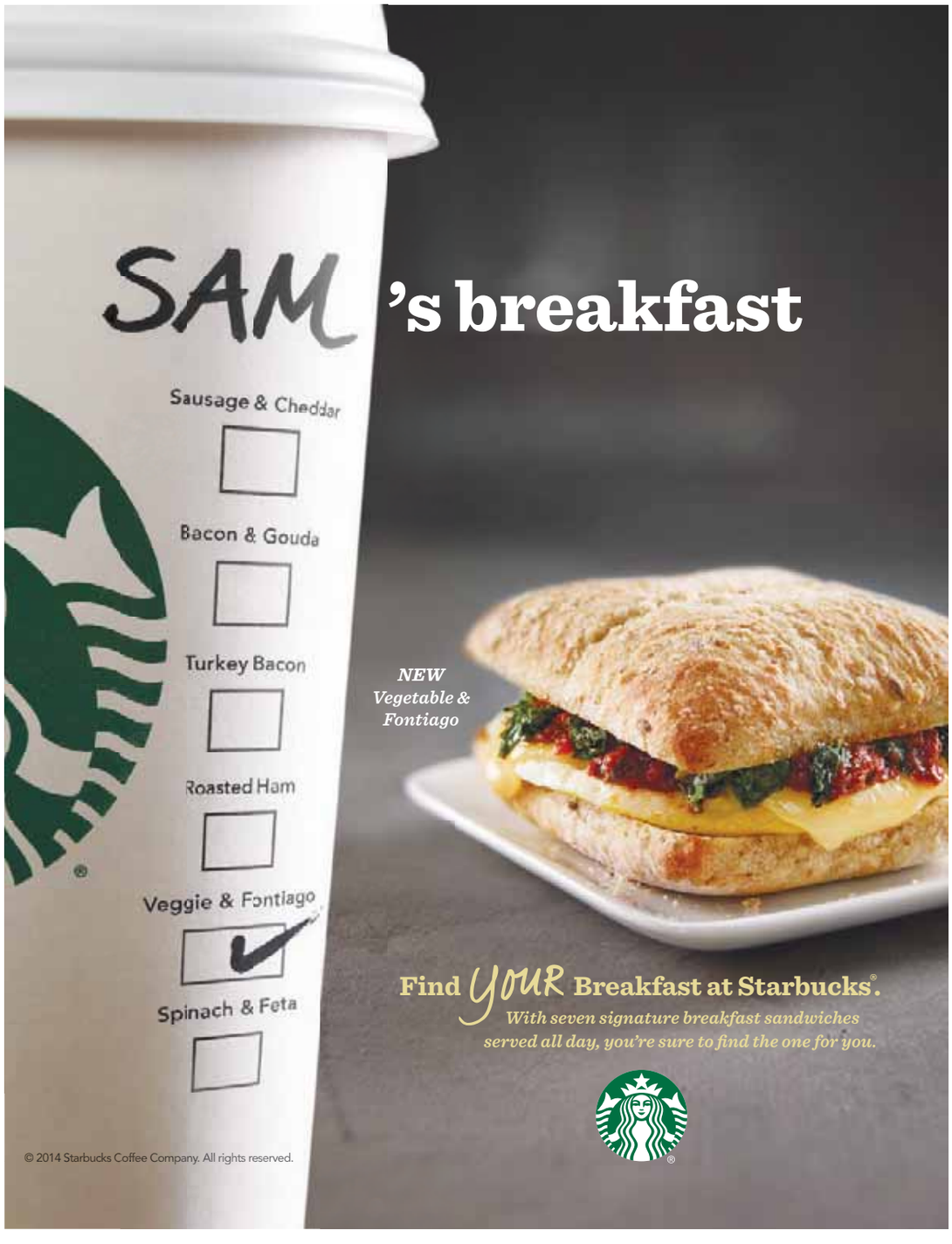
The news, delivered recently at her Rosedale home by her two teary-eyed parents gripping one another's hands, took the 19-year-old general arts student by surprise.

"It's crazy to think just a few days ago I blogged about how I'm moving forward with my life," she wrote on her website. "In a sense, I still am, there's just going to be a few more bumps in the road."

Allison first captured the hearts of Torontonians after posting a YouTube video of her rendition of One Direction's More Than This. In the video she sang while breathing through the tube inserted in her throat during an emergency tracheotomy.

In July 2013, she underwent a four-hour surgery to remove her cancerous tumour — a huge feat for doctors at Toronto General Hospital who had never before seen or diagnosed clear-cell sarcoma in someone's trachea. There have been fewer than 10 known cases like it in the world.

After the surgery and rounds of radiation treatment, Allison bounced back with a positive attitude and a mission to help others crusade against cancer by raising funds for a cure. Vowing not to let her cancer's revival keep her from either activity, she says, "I'm singing at a Leafs game this season and I'll be skating here at Queen's (University) with the team." TORSTAR NEWS SERVICE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On the OPSEU float, Rod Bemister makes a point with a Rob Ford likeness.
RICHARD LAUTENS/TORSTAR NEWS SERVICE

Mulcair slams Harper, Trudeau at annual Labour Day Parade

Thousands march in parade. Former union president says Canada needs 'correction' in its political direction

Thousands of people marched Monday in Toronto's annual Labour Day Parade to show their support for local unions, with more than 30 labour organizations taking part in the festivities.

Joining them was federal Opposition Leader Tom Mulcair, who took shots at Prime Minister Stephen Harper and Liberal Leader Justin Trudeau for what he called their shortfalls on the labour file.

He said many of the gains brought in by the labour movement — such as workplace health and safety measures and wage equality — are currently "under attack" in Canada. "In Toronto now, more than one half of families do not have a single, full-time steady job that they can rely on," Mulcair said.

Paul Lefebvre, former president IAMAW Local 2323, which represents 4,000 aviation workers in Ontario, said the union came out to send Ottawa a message.

"We think our country needs to have a correction in the direction its going politically and I think a lot of people feel that way and the march is getting bigger for that reason," he said.

Other labour groups at the parade, including the United Steel Workers, echoed that sentiment. THE CANADIAN PRESS

Education. School boards say all-day kindergarten affects primary teaching

While full-day kindergarten is the newest learning experience for Ontario's youngest students, it's been an education for the province's primary teachers, too.

With the final phase of the full-day rollout happening this week, school boards say that over the past five years of implementation, they've had one big kinder-surprise: Teachers in Grades 1 and 2 now find their lessons no longer work for children steeped in play-based learning.

Results

Ontario children in full-day kindergarten have better vocabularies and stronger communication and social skills, studies show.

The Ontario government now plans to expand play- and inquiry-based learning throughout the elementary years as part of its new action plan. TORSTAR NEWS SERVICE

8 killed as building explodes near Paris

Rosny-sous-Bois. Gas leak suspected in blast that sheared part of four-storey structure

The death toll in the partial collapse of a four-storey apartment building in a Paris suburb has risen to eight after emergency crews pulled the bodies of a man and a woman from the rubble.

Fire department spokesman Gabriel Plus said the bodies were found Monday in Rosny-sous-Bois, a town northeast of the capital.

Officials said there was no longer any danger in the neighbourhood after an explosion sheared part of the building Sunday, scattering scraps of metal and household belongings.

French Interior Minister Bernard Cazeneuve said a gas leak is believed to be the cause of the explosion.

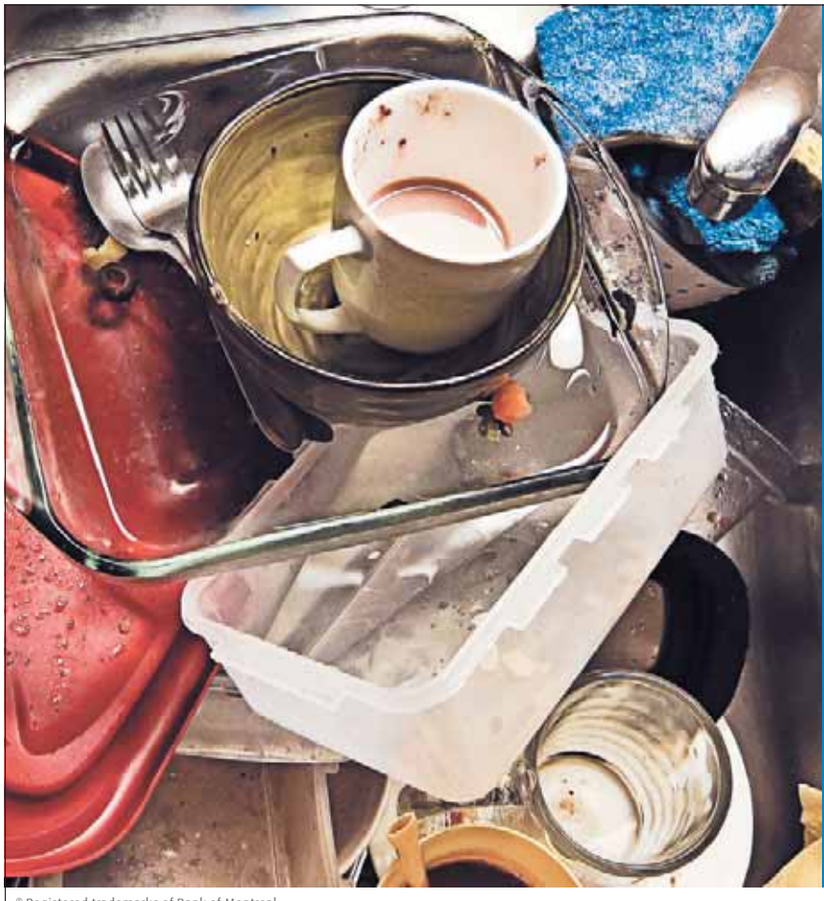
THE ASSOCIATED PRESS

Support

22

Interior Minister Bernard Cazeneuve, who pledged his support to the families and victims, said the 22 people who lived in the two-thirds of the building that survived the blast have been given alternative lodging, since the entire structure is perilous.

A fireman and his dog search in the rubble of a four-storey building in a northeastern Paris suburb that collapsed after an explosion. CHRISTOPHE ENA/THE ASSOCIATED PRESS



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At least 4 trapped in mine

Rescuers hoped for a miracle Monday as they cautiously dug through mud, rocks and clay in search of at least four men missing since late last week when a landslide trapped them in a gold mine in Nicaragua.

Guided by a miner who escaped from the wildcat mine, workers found tools believed to belong to the men but had yet to find any sign of life four days after the accident.

At least 26 miners were trapped Thursday when earth around the mine gave way near Bonanza, about 420 kilometres northeast of Managua. Twenty-two men were rescued. Between four and eight men were believed still missing: The exact number was unclear because the miners were freelancers, not formal employees.

The El Comal gold and silver mine is operated under a concession held by Hemco, which is owned by Colombia-based Minero SA. But the trapped miners themselves are freelancers allowed to work in the area if they sell any gold they find to the firm.

THE ASSOCIATED PRESS

Nigeria

Military defends town against Boko Haram attack

Nigerian military officials say they killed about 70 Boko Haram fighters when the Islamic extremists attacked the northeastern town of Bama Monday morning.

The officials, who insisted on anonymity, said militants arrived Monday morning in armoured tanks and trucks and tried to take over the town.

Muhammed Gava, a spokesman for the anti-Boko Haram vigilante movement, said most of Bama's residents fled to Maiduguri.

Sani Usman, an army spokesman, said Monday the curfew in Maiduguri has been extended from 7 p.m. to 6 a.m.

Amnesty International said last month that more than 4,000 people — mostly civilians — have been killed this year in the Nigerian conflict, including in Boko Haram attacks and in responses by the security forces.

THE ASSOCIATED PRESS

A red wave rising in the East? N.B. Liberals trying to keep momentum going

After majority victories in Nova Scotia, Quebec and Ontario, Brian Gallant is trying to keep the winning streak alive for the Liberals by taking New Brunswick in the Sept. 22 election.

It's a vote that some political observers are closely watching to determine if a trend in Eastern Canada could play a role in next year's federal election.

Liberal Premier Robert Ghiz holds a strong majority in Prince Edward Island. The provincial Liberals in Newfoundland and Labrador have won three consecutive byelections over the last year in ridings that were held by two Tory cabinet ministers and a premier.

Against that backdrop, there is a possibility of Liberal governments in every province east of Manitoba in just over a year's time.

That's a factor that could benefit the federal Liberals, says David Johnson, a political science professor at Cape Breton University, who said he believes the Liberals would interpret further provincial success as proof of a "Liberal wave" rising in the East.

"Justin Trudeau and the federal Liberals can play the card that they are much more in tune with provincial interests," said Johnson.

He said a Liberal victory in New Brunswick would also give the federal Grits increased support through their provincial wings. THE CANADIAN PRESS

Quoted

"The more ridings you've got provincially, that's more of a base that you can work with at the federal level."

David Johnson, political science professor at Cape Breton University, who believes the Liberals would interpret further provincial success as proof of a "Liberal wave" in the East.

B.C. Teachers' strike has parents scrambling for daycare in lieu of school

Daycare operators in British Columbia are scrambling to keep up with increased demand for child support as more parents need places to babysit their kids because schools will not open.

Janos Stiasny, owner of Wise Owl Montessori Child Care, says spots in his daycare have filled right up because of the ongoing teachers' strike.

He says he normally gets more than 65 children, but after the strike his care centres are looking after about 90 kids in total.

Talks between the government and teachers fell apart over the weekend, dashing any hopes parents had that school would start as scheduled on Tuesday.

Both sides have said they are willing to speak again, but no meetings have been scheduled.

The province's 40,000 public school teachers went on strike two weeks before the summer break started, booting half a million students out of class.

The sticking points are pay, class size and the amount of support staff per class.

THE CANADIAN PRESS

Montreal

Bar accused of ejecting two male students for kissing

A popular Montreal bar is being accused of homophobia after a bouncer allegedly kicked out two male students for kissing.

A student association at the Université de Montréal is demanding an apology from the Saint-Sulpice bar, a busy spot in the city's Latin Quarter.

Vincent Fournier Gosselin, an executive with the student group, says a bouncer at the bar forced the two students to leave a medical school orientation event last Friday night.

Gosselin called the actions "homophobic and totally unacceptable."

Gregory Bas, a manager at Saint-Sulpice, says the administration will speak to everyone involved to find out what happened before commenting further.

Protesters are planning a "kiss-in" in front of the bar next Friday.

THE CANADIAN PRESS

Tony Accurso is confronted by reporters in an April 2012 photo. Quebec's corruption inquiry should hear from the powerful former construction magnate soon after it resumes from its summer break on Tuesday. GRAHAM HUGHES/THE CANADIAN PRESS FILE

Ex-construction chief set to testify in Quebec corruption inquiry

Charbonneau Commission. Hearings looking into construction industry, awarding of public contracts

Quebec's corruption inquiry is expected to hear from a powerful former construction magnate soon after it resumes Tuesday from its summer break.

Tony Accurso, once the owner of several influential Quebec construction companies, is due to appear before the Charbonneau Commission after a failed attempt to avoid having to testify.

Accurso argued in court that appearing before the high-profile hearings would jeopardize his right to a fair trial in pending criminal proceedings. The Supreme Court of Canada dismissed the request last month.

But Accurso indicated last week his lawyer will file a motion for a publication ban, and that request will need to be heard before the commission can move forward.

The inquiry, which has been studying the construction industry and the awarding of public contracts, has already heard from more than 100 witnesses since 2011. When the hearings were put on hold in June, Justice France Charbonneau had mentioned there would be another "two or three weeks" of testimony before moving to the final stages of the commission.

At that point, the commission will hear recommendations from stakeholder groups.

Some 72 briefs have already been submitted by organizations. The briefs reportedly include arguments for better whistleblower protection and improved regulations for the construction industry.

The commission will also hear from experts in the field.

"This part of our work is extremely important, as it will guide us in developing potential solutions in our final report," Charbonneau said at the end of the hearings in June.

A final report from Charbonneau and her co-chair, former provincial auditor general Renaud Lachance, is due by April 2015.

THE CANADIAN PRESS

Negative study on middle class gets rebuttal

Finance Canada has issued a rebuttal of a politically embarrassing report on middle-class economic woes that was compiled last fall by experts in another federal department.

The duelling analyses highlight an economic issue almost certain to dominate the federal election campaign next year, as political parties cite the same data to make opposite points.

Last October, bureaucrats at Employment and Social Development Canada wrote a scathing internal report on the plight of the middle class, calling the Canadian dream "a myth more than a reality."

The report was immediately hailed by opposition parties as proof of the financial straits of Canadian families, but it was dismissed by cabinet ministers as outdated and misleading.

In April this year, Finance Canada economists put together a more detailed rebuttal for the new minister, Joe Oliver, using the same data but interpreting them in a more positive way.

The report for Oliver, for example, concludes that "controlling for the changing composition of families, income of the Canadian middle class has grown strongly since 1976 ... All major family types benefited from strong income growth."

The analysis faults Employment and Social Development Canada for weak methodology, and for delivering a different message from that of the Feb. 11 federal budget.

THE CANADIAN PRESS

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ISIS

Purported body of Lebanese soldier returned

Lebanon's military received the remains of a soldier Monday who was held by Islamic State of Iraq and Syria militants, the state-run news agency said. The soldier, Sgt. Ali Sayid, was believed decapitated.

Sayid's remains were delivered to a military checkpoint in the border town of Arsal, the National News Agency reported.

The body was returned days after supporters of the extremist group ISIS distributed a video purported to show a man, whom they identified as Sayid, being decapitated. Sayid's uncle told Lebanese television Friday that the images on social networks resembled his nephew.

The Lebanese military would not confirm the body's identity, only saying it was received and DNA tests would be performed. Sayid disappeared in August following a militant attack in Arsal. THE ASSOCIATED PRESS

Pakistan

Anti-government protests centre of marathon meet

Ahead of a joint session of parliament, Pakistan's prime minister and army chief held marathon meetings Monday over violent anti-government protests that could force the premier of this nuclear-armed country to resign.

Prime Minister Nawaz Sharif again vowed he would not step down under duress, even as protesters briefly took over the country's state-run television broadcaster and battled security forces in the streets. But the pressure from three days of violent protests on Sharif has intensified amid reports — later denied by the military — that the country's powerful army chief advised him to resign.

The parliamentary session Tuesday appears to be an attempt to rally political support to the prime minister's side, however critics have questioned Sharif's handling of the crisis.
THE ASSOCIATED PRESS

British PM proposes passport seizure law

Anti-terror. Proposed laws intended to empower police and make it harder for suspected extremists to leave or re-enter the country

British Prime Minister David Cameron has proposed new laws that would empower police to seize the passports of Britons suspected of travelling abroad to fight with terrorist groups.

Speaking to Parliament, Cameron said his government is also working to block suspected British jihadi fighters from re-entering the U.K. The power to monitor such suspects already living in Britain would also be strengthened.

British Prime Minister David Cameron THE ASSOCIATED PRESS

The plan to expand Britain's anti-terror laws, likely to be approved by Parliament, aims to prevent attacks by Islamist militants returning from terror training in the Middle East.

Similarly to its Western allies, Britain is worried its citizens will travel and join terror groups in the Middle East, then return and threaten their home country.

British intelligence said it suspects 500 Britons have gone to train in Syria or Iraq.

Cameron said he considers extremism by the Islamic State of Iraq and Syria (ISIS) group one of the biggest modern threats to security.

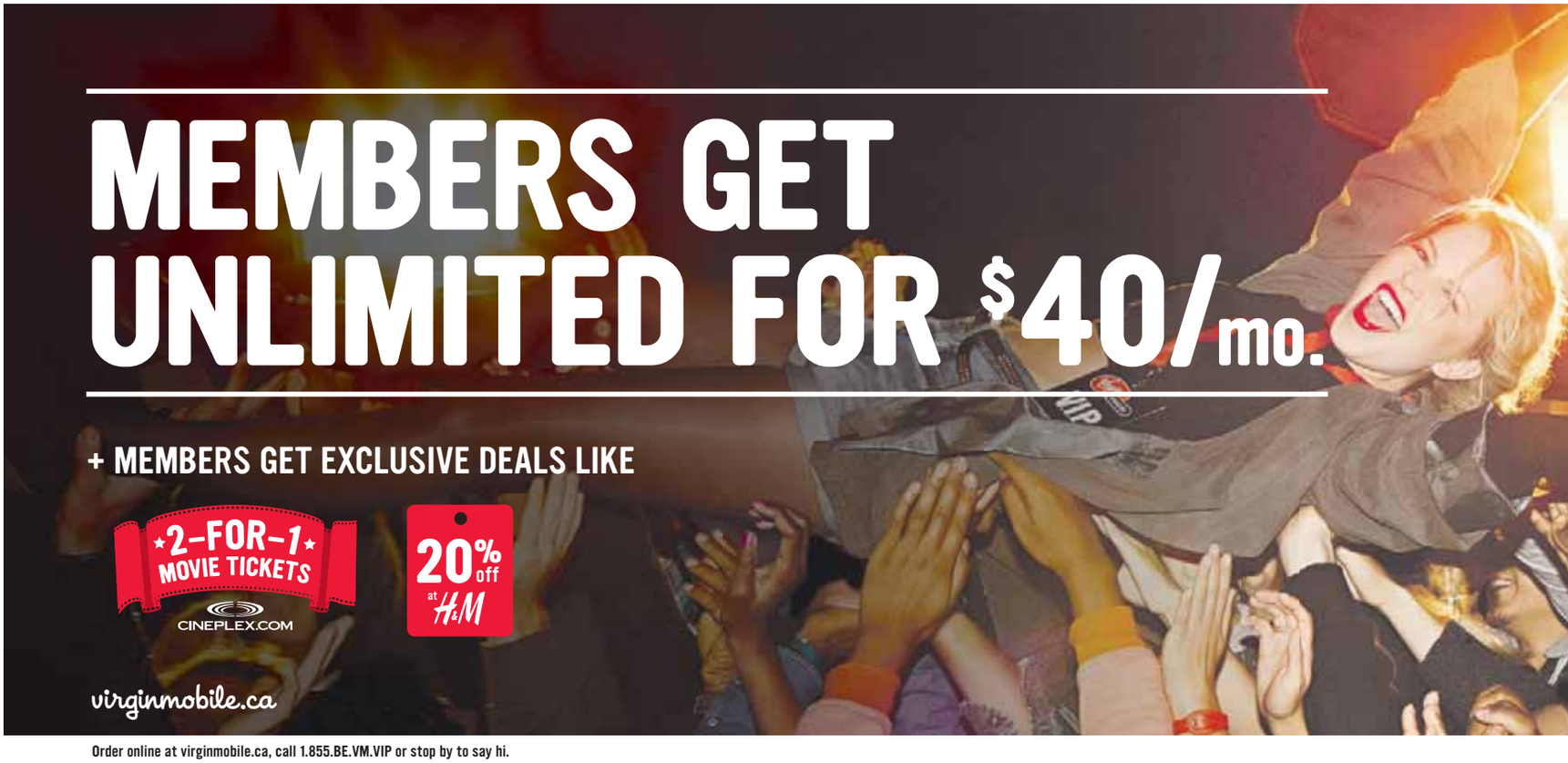
While Britain's home security already has the authority to withhold passports, Cameron says more is needed to ensure police can act accordingly if they spot a suspect at a border crossing.

"We will introduce specific and targeted legislation to fill this gap by providing the police with a temporary power to seize a passport at the border, during which time they will be able to investigate the individual concerned," he said.
THE ASSOCIATED PRESS

Western Anti-Terror

The United Kingdom isn't the only country concerned about the security of its domestic borders.

- **Western Allies.** Outside the U.K., the United States, France and Germany all have additionally voiced worry about the potential for its citizens to travel abroad, train with a terror group and then travel home; the fear being they will enact domestic terror.
- **British intelligence.** The government has said it believes at least 500 of its citizens have gone to train in Syria, or less commonly Iraq.



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Israel, Gaza students heading back to school

An Israeli student pulls his bag behind him as he heads off to school Monday, joining thousands of other children who returned to school in southern Israel after seeking refuge inside bomb shelters from Hamas rocket fire for much of the summer. Ziad Thabet, a Gaza Education Ministry official, said classes will resume in Gaza on Sept. 14 once the Strip's schools are repaired. It's estimated at least 223 Gaza or UN-run schools were hit during the 50-day-long war, 25 of which are too damaged to use. Israel has accused Hamas of using civilian buildings for military purposes. TSAFRIR ABAYOV/THE ASSOCIATED PRESS

PM pledges to turn Iraq into 'big grave' for Sunnis

Iraq's outgoing prime minister pledged Monday to turn his country into "a big grave" for Sunni militants from the Islamic State of Iraq and Syria (ISIS) group and commended security forces who achieved a rare victory over insurgents by ending the siege of a Shiite town.

Nouri al-Maliki made the comments during an unannounced visit to the northern community of Amirli, where he was greeted with hugs. A day earlier, Iraqi forces backed by Iran-allied Shiite militias and U.S. airstrikes broke a two-month siege of the town where some 15,000 Shiite Turkmens had been stranded.

In footage aired on state TV, al-Maliki was shown sitting at a wooden desk in front of a large poster of Shiite leader Grand Ayatollah Ali al-Sistsani, ordering promotions and awards for those who fought in the battle.

"I salute you for your steadfastness and patience against those beasts and killers," he told a gathering of fighters in a large hall as they chanted Shiite religious slogans.

He vowed to root out Sunni militants from areas they control in the country.

"All Iraq will be a grave for those infidels, and we will send all the IS (Islamic State) gang to death," he added.

Mere hours before his visit, humanitarian aid began flowing in with four trucks full of food and medicine arriving from the Iraqi governmen and the Iraqi Red Crescent.

"The situation is getting back to normal, but gradually," Ali al-Bayati, head of aid organization the Turkmen Saving Foundation, told The Associated Press. "Some people have come out from their houses and walked in the street. Shops are still closed, but people are happy to see their city secured."

Since early 2014 Iraq has faced a Sunni insurgency led by an al-Qaeda breakaway group calling themselves ISIS.

With the help of their own allied militants, the breakaway group had taken over the territory in what has been called the worst crisis since the United States' 2011 withdrawal.

Despite aid from its American and regional allies, the UN said at least 1,420 Iraqis were killed in August alone, a decrease from July's 1,737 death toll. THE ASSOCIATED PRESS

Quoted

"I salute you for your steadfastness and patience against those beasts and killers."

Nouri al-Maliki, Iraq's outgoing prime minister, in an address to a gathering of fighters in the northern community of Amirli, where a day earlier Iraqi forces backed by Iran-allied Shiite militias and U.S. airstrikes broke a two-month siege of the town.

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National Defence. Feds to slash $2.7B from budget

Stephen Harper has been one of the toughest-talking leaders throughout the Ukraine crisis, yet newly released figures show National Defence is expected to face an even deeper budget hole in the coming year than previously anticipated.

The ongoing reductions come as the prime minister is expected to resist pressure from allies at this week's NATO summit to spend substantially more on the military.

Annual spending on the military, when compared to 2011, is slated to shrink by a total of $2.7 billion in 2015, according to a briefing note prepared for the deputy defence minister.

That would be almost $300 million more than earlier internal estimates, and roughly $600 million higher than the figure defence officials acknowledged last fall when they rolled out the department's renewal plan.

THE CANADIAN PRESS

Missile-defence program

U.S. military wants Canada to put sensors in Arctic

American military officials have shed some light on what Canada could contribute to the missile-defence program should it choose to join after a decade spent on the sidelines.

Several conversations with high-ranking U.S. military officers point to a common desire: multi-purpose sensors in Canada's Arctic that would sniff out a wider range of potential threats than just intercontinental ballistic missiles. Those state-of-the-art systems would be designed to track maritime vessels, airplanes and small cruise missiles — all in addition to any large missile fired off by North Korea or some hypothetical rogue state.

THE CANADIAN PRESS

Rebels in Ukraine backing off from full independence

Andrei Purgin, a pro-Russian rebel leader from eastern Ukraine, arrives for peace talks in Minsk, Belarus, on Monday. THE ASSOCIATED PRESS

Negotiations. Talks adjourned until Friday, when parties will discuss ceasefire and prisoner exchange

Pro-Russian rebels softened their demand for full independence Monday, saying they would respect Ukraine's sovereignty in exchange for autonomy — a shift that reflects Moscow's desire to strike a deal at a new round of peace talks.

The insurgents' platform, released at the start of Monday's negotiations in Minsk, the Belarusian capital, represented a significant change in their vision for the future of Ukraine's eastern, mainly Russian-speaking region.

It remains unclear, however, whether the talks can reach a compromise amid the brutal fighting that has continued in eastern Ukraine. On Monday, the rebels pushed Ukrainian government forces from an airport near Luhansk, the second-largest rebel-held city.

The peace talks in Minsk follow last week's meeting between Russian President Vladimir Putin and his Ukrainian counterpart Petro Poroshenko. The negotiations involve former Ukrainian President Leonid Kuchma; Russia's ambassador to Ukraine; an envoy from the Organization for Security and Co-operation in Europe; and representatives of the rebels.

Rebels declared in a statement carried by Russia's state-run RIA Novosti news agency that they are willing to discuss "the preservation of the united economic, cultural and political space of Ukraine."

In return, they demanded a comprehensive amnesty and broad local powers that would include being able to appoint their own local law-enforcement officials.

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Senegal monitors Ebola

Senegalese authorities on Monday were monitoring everyone who was in contact with a student infected with Ebola, who crossed into the country and who has lost three family members to the disease.

An Ebola outbreak in West Africa has killed more than 1,500 people in Guinea, Liberia, Sierra Leone and Nigeria. The university student is Senegal's first case of the dreaded disease.

The 21-year-old left Guinea on Aug. 15, just days after his brother died of the disease, according to Guinea's Health Ministry. It said that the brother apparently caught Ebola in Sierra Leone.

The student travelled by road, crossing into Senegal despite a border closure. He arrived in Dakar, the Senegalese capital, on Aug. 20, according to the World Health Organization.

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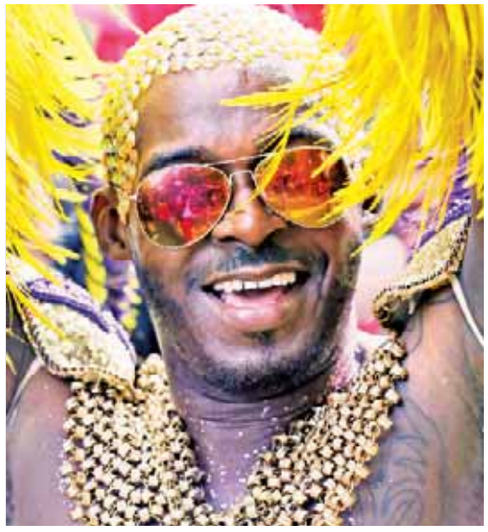

Brooklyn celebrates in style

A dancer poses for a photograph during the West Indian Day Parade on Monday in the New York City borough of Brooklyn. The annual parade draws about a million people along its three-kilometre route.

MARK LENNIHAN/THE ASSOCIATED PRESS

Rich-poor diet gap widens in U.S.: Study

Poor diets. 12-year study finds that while eating habits have improved slightly, they are far from ideal

Americans' eating habits have improved — except among the poor, evidence of a widening wealth gap when it comes to diet. Yet even among wealthier adults, food choices remain far from ideal, a 12-year study found.

On an index of healthy eating where a perfect score is 110, U.S. adults averaged just 40 points in 1999-2000, climbing steadily to 47 points in 2009-10, the study found. Scores for low-income adults were lower than the average and barely budged during the years studied. They averaged almost four points lower than those for high-income adults at the beginning; the difference increased to more than six points in 2009-10.

Higher scores mean greater intake of heart-healthy foods including vegetables, fruits, whole grains and healthy fats, and a high score means a low risk of obesity and chronic illnesses including heart disease, strokes and diabetes. Low scores mean people face greater chances for developing those ailments.

The widening rich-poor diet gap is disconcerting and "will have important public health implications," said study co-author Dr. Frank Hu of the Harvard School of Public Health.

"Declining diet quality over time may actually widen the gap between the poor and the rich," Hu said.

The diet improvement was largely due to decreased intake of foods containing trans fats, but the disappointing results point to a need for policy changes including better nutrition education, Hu said.

The study's authors say their results are consistent with an earlier report showing that "nearly the entire U.S. population fell short of meeting federal dietary recommendations."

THE ASSOCIATED PRESS

Healthy diet index

Harvard School of Public Health researchers developed the healthy diet index used for the study. It is similar to federal dietary guidelines but features additional categories including red and processed meats, sugar-sweetened beverages and alcohol.

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Would you like to be paid in Bitcoin?

A small but growing — and surprising — number of workers are rejecting Canadian dollar salaries for Bitcoin, according to a Waterloo, Ont., payroll firm.

Wagepoint CEO Shrad Rao said his firm came up with the cryptocurrency payment option in November last year as a side project and did not expect any take-up.

But as the online currency gained popularity this year, he said, employees from 10 firms have signed up for the Bitcoin option, and many more are asking about it.

"When we started off, we didn't even think we'll get one," he said over the phone from New York, where Wagepoint has another office.

"What's interesting is that we've actually had customers come to us because of the (Bitcoin) integration, which we were not expecting at all."

Rao said the firms are overwhelmingly technology companies, whose workers have higher interest in new innovations and tend to dabble more.

In addition to Canadian interest, he said, he gets about five inquiries for Bitcoin payment per month from the United States, where Wagepoint also operates, although it has not yet launched such an option in that country.

Bitcoin, a decentralized currency, was launched in 2009 by a yet unknown person or group. It gained mainstream attention in 2013, and subsequent adoption caused one bitcoin to rise to a high of $1,000.

But most brick-and-mortar shops still do not recognize Bitcoin as currency, and neither does the Canadian government, which in June ruled Bitcoin is property.

THE CANADIAN PRESS

Transgender community struggles to find work

Employment.
Transgender woman with extensive corporate experience has found it hard to find a job

Melissa Hudson
CONTRIBUTED/THE CANADIAN PRESS

Melissa Hudson says 30 years of experience in the Toronto business world hasn't been enough to land her a job, despite numerous call-backs on her resumé for first-round interviews.

Hudson's difficulties in finding work started after she transitioned from male to female and she blames discrimination for leaving her bankrupt, fighting to keep a roof over her head.

"After transitioning I can't get anyone to give me a second interview," she said. "I've even had interviewers make excuses of why they can't conduct the interview once I show up."

Hudson's last job in the corporate world was at a logistics firm in Mississauga where she was a self-proclaimed "suit-and-tie" business professional. But she decided to live openly as a transgender woman two years ago.

Her challenges were exacerbated by a cycling accident that left her in the hospital for months and a hospital-acquired infection after gender-related surgery, she said.

Hudson left her job after the accident because of a "toxic work environment" but hasn't been able to find other employment.

Because of the relatively small size of the transgender community and difficulty in reaching members, advocates say transgender employment data is hard to find. But a 2011 report from Trans PULSE — a community-based research project in Ontario — found that only 37 per cent of transgender participants were employed full-time, while 15 per cent were employed part-time. Twenty-five per cent were students, three per cent were retired and 20 per cent were unemployed.

The results were based on surveys of 433 trans people who lived, worked or received health care in Ontario.

THE CANADIAN PRESS

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EVEN PLAYBOY THINKS CATCALLING IS SEXIST

SHE SAYS

Jessica Napier
metronews.ca

"Give me a smile, sweetheart." "Nice dress." "Damn, girl." "Mmmmmm."

I could fill a 500-page textbook with the comments I've heard over the years, hurled at me from car windows and whispered in my ear in a crowded bar. Occasionally these outbursts of appreciation come in the form of a well-crafted one-liner; the rest of the time, I'm treated to an impulsive holler, a leering glance or just a series of hissing noises.

Most of the women I know have been on the receiving end of some form of unwanted sexual street harassment. I still find it bewildering that so many seemingly intelligent men — men with mothers, sisters and, potentially, wives and girlfriends of their own — feel compelled to fling vulgar comments at complete strangers.

A few weeks ago, the New York Post published an article titled "Hey, ladies — catcalls are flattering! Deal with it." In this fine piece of click-bait journalism, author Doree Lewak celebrates the lewd remarks she receives from her neighbourhood construction workers. Lewak's hard-hat-wearing Prince Charmings offer her a daily dose of ego-boosting validation in the form of wolf whistles and crude remarks that give her an "unmatched level of euphoria." That's right: euphoria.

And that's OK, I guess. I mean, if Lewak wants to measure her own self-worth in grunts, she's absolutely entitled to those feelings. There's nothing inherently wrong with enjoying attention from the opposite (or same) sex, but arguing that catcalls are universally flattering and all women should just "deal with it" is absolutely ridiculous.

Telling a woman who has been a victim of unwanted street harassment that she "should take it as a compliment" is like telling a guy who's just been beaten up at a bar that he should "man up." This "deal with it" attitude reinforces the notion that women are objects to be looked at, evaluated and commented upon by men. And, worst of all, that we should enjoy the process or be labelled uptight.

Even Playboy — which is not exactly a media organization renowned for championing a feminist agenda — has weighed in on the street-harassment debate. The adult magazine recently posted an infographic on its website that posed the question, "When is it appropriate to catcall a woman?" It concludes that men should resort to it only when addressing a known and consenting partner or an actual feline.

I rarely find myself siding with Playboy on anything, but I have to agree with them on this one. There are plenty of ways to approach someone in a respectful and reasonable manner; licking your lips and shouting "Nice ass!" isn't one of them.

And according to an incredibly unscientific poll of my close female friends, catcalling has a success rate of absolutely zero.

Because, for most women at least, unsolicited explicit remarks from strange men don't make us feel beautiful or euphoric; they make us feel violated, angry and potentially very afraid.

День Знаний (Day of Knowledge)

Children take part in a ceremony marking the start of classes at School No. 57 in Moscow on Monday as part of the traditional opening of the school year, known as Day of Knowledge. The day was started in 1984 in the U.S.S.R. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Russian kids mark back-to-school with flowers, fancy dress

Students in Russia and other former Soviet-bloc countries participated in Sept. 1 celebrations, also known as Day of Knowledge, to commemorate the first day of school.

Students arrive dressed up and carrying flowers. Senior students escort younger students to class, holding their hands along the way. In a ritual called the First Bell, a girl from the first grade is chosen for the honour of being hoisted onto the shoulders of an 11th-grader to ring the school bell.

METRO

Education and politics

- **Tragedy.** This Sept. 1 marks the 10th anniversary of the Beslan school massacre, in which 385 people were killed after the school was stormed by armed terrorists.
- **Crimea.** The Moscow Times reports that students in Crimea will now study under the Russian education system for the first time. Russia took control of the region in March.

Worth mentioning.

Neanderthals not as dumb as previously thought: Study

A series of lines scratched into rock in a cave near the southwestern tip of Europe could be proof that Neanderthals were more intelligent and creative than previously thought.

The cross-hatched engravings inside Gorham's Cave in Gibraltar are the first known examples of Neanderthal rock art, according to a team of scientists who studied the site. The find is significant because it indicates that modern humans and their extinct cousins shared the capacity for abstract expression.

The study, released Monday by the journal Proceedings of the National Academy of Sciences, examined grooves in a rock that had been covered with sediment. Archaeologists had previously found artifacts associated with Neanderthal culture in the overlying layer, suggesting that the engravings must be older, said Clive Finlayson, one of the study's authors.

"It is the last nail in the coffin for the hypothesis that Neanderthals were cognitively inferior to modern humans," said Paul Tacon, an expert in rock art at Australia's Griffith University. Tacon, who was not involved in the study, said the research shows the engravings were made with great effort for ritual purposes, to communicate with others, or both.

Theory might be dead

"It is the last nail in the coffin for the hypothesis that Neanderthals were cognitively inferior to modern humans."
Paul Tacon, expert in rock art

"We will never know the meaning the design held for the maker or the Neanderthals who inhabited the cave, but the fact that they were marking their territory in this way before modern humans arrived in the region has huge implications for debates about what it is to be human and the origin of art."

Not everyone is convinced: another recently published study examining the dating of various archaeological sites across Europe raises the possibility that the artifacts may not have been made by Neanderthals but by modern humans.

THE ASSOCIATED PRESS

Comments

Re: Proposed laws could dampen sales of e-cigarettes in Canada, published online Aug. 30

This entire controversy, including Nova Scotia's absurd knee-jerk decision to supposedly ban them, is nothing more than the public health nannies being afraid that the use of these things will "re-normalize" what looks like smoking, even though there is no actual smoke, just vapour. The nannies are ignoring the very real benefits these things have for people trying to quit who are killing themselves with real cigarettes. They ought to be ashamed of themselves.
Keith P., posted to metronews.ca

metro

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TORONTO

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Notice of Submission of Terms of Reference for the Allen Road Environmental Assessment, City of Toronto

As part of the planning process for the Allen Road Environmental Assessment (EA), a Terms of Reference (ToR) was submitted to the Ministry of the Environment and Climate Change for review as required under the Environmental Assessment Act. If approved, the ToR will serve as a framework for the preparation of the EA for the proposed undertaking.

Currently, Allen Road has operational issues, is in need of repairs, does not integrate well with the local neighbourhood, and exists within a changing physical and policy context. The purpose of the EA is to investigate and address current challenges and opportunities in the Allen Road study area and define the scope of potential future work. A range of alternatives will be considered to address the needs within the corridor.

A successful solution for Allen Road will balance three main objectives: State of Good Repair, Transportation Function, and Urban Design. At this stage of the study, there are no proposed changes to Allen Road and City staff will consult the public on a range of possible options in the future.

The Primary Study Area (see key map on the right) extends 100 metres on either side of the Allen Road right-of-way between Eglinton Avenue West to just south of Transit Road and is further expanded at subway stations and key east-west corridors.

Beginning on **September 5, 2014**, you may inspect the proposed ToR at the following locations:

Ministry of the Environment and Climate Change
Environmental Approvals Branch
2 St. Clair Ave. W., Fl. 12A
Tel: 416-314-8001/1-800-461-6290

Ministry of the Environment and Climate Change
Central Region Office
5775 Yonge St., 8th Fl.
Tel: 416-326-6700 / 1-800-810-8048

City Clerk's Office, Toronto City Hall
100 Queen St. W., 13th Fl., West Tower
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You can also view the proposed ToR on the City of Toronto project website: toronto.ca/AllenRdStudy

Your written comments about the ToR must be received before **October 6, 2014**. All comments should be submitted to:

Ms. Cindy Batista
Project Officer
Ministry of the Environment and Climate Change, Environmental Approvals Branch
2 St. Clair Ave. W., Fl. 12A,
Toronto, ON M4V 1L5
Tel: 416-314-7222 / 1-800-461-6290
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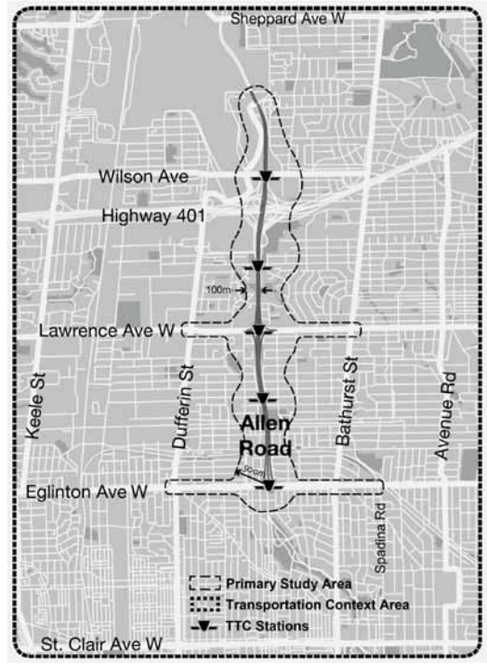

A copy of all comments will be forwarded to the City of Toronto for its consideration. For further information on the proposed study please contact:

Mr. Jason Diceman
Sr. Coordinator Public Consultation
City of Toronto, Public Consultation Unit
55 John St., 19th Fl., Metro Hall,
Toronto, ON M5V 3C6
Tel: 416-338-2830
E-mail: jdicema@toronto.ca

Issue Date: September 2, 2014

Under the Freedom of Information and Protection of Privacy Act and the Environmental Assessment Act, unless otherwise stated in the submission, any personal information such as name, address, telephone number and property location included in a submission will become part of the public record files for this matter and will be released, if requested, to any person.

Ebooks

Joni Mitchell: In Her Own Words

By. Malka Marom

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

A good conversation should have all the time it needs. This collection of audio and printed interviews between singers Marom and Mitchell has that comfort, allowing for Joni's engaging candour to come through about her Saskatchewan childhood, working relationships and personal contradictions.

The Simpsons

Did NHL get crusty over Cup slight?

There are hockey fans in The Simpsons' writers' room but apparently the NHL felt a joke that soiled the Stanley Cup went too far.

In the episode The Last Temptation of Krust, Krusty the Clown drinks out of the Stanley Cup, and then promptly vomits into it.

Producer Mike Scully says the show received a nasty letter from the NHL after the episode aired, but chose to ignore it. Scully has been tweeting behind-the-scenes memories while a Simpsons marathon airs in the U.S. THE CANADIAN PRESS

Avoid the catfish when looking for love online

Soulmate or scam?
Nev Schulman's book offers advice on how to detect the liars and fraud artists lurking on dating websites

EMILY LAURENCE
Metro in New York City

Catfish host Nev Schulman wants you to know it's not them, it's you.

In his new book, In Real Life: Love, Lies & Identity in the Digital Age, Schulman explains that the key to establishing a long-lasting bond is to take a look inward.

Tricks such as a Google image search and knowing that a Facebook account with only 12 friends is a red flag help, but Schulman says there's way more to it than that.

Hence the new book. We talked to Schulman and share his best words of wisdom here.

Whether you are searching for love online or in person, they are tips you can take to heart.

Be aware of your soft spots

"It's not what to look out for in other people. It's what to look out for in yourself," he says.

"Getting catfished isn't about someone being a really good liar or Internet user. It's about being vulnerable, and perhaps unsatisfied or insecure, and somebody taking advantage of that."

In his new book, In Real Life, Nev Schulman shares the tricks of the catfish trade — people who lie about themselves on dating websites. CONTRIBUTED

Don't fake it

"We all have doubts, fears and insecurities in our happiness. When you hide that from other people, you're also kind of hiding it from yourself," Schulman suggests.

"If everybody goes around pretending to be the happy, fulfilled version of themselves and ignores the truth about things they're feeling, then we're all participating in the same game of not really connecting in a meaningful way or being open and honest with each other."

Quoted

"It's not what to look out for in other people. It's what to look out for in yourself."

Nev Schulman, author and host of the MTV series Catfish, on how to avoid online dating scam artists

If you're looking for love online, meet as soon as possible

"If you're looking for a relationship, using the Internet is great, but it should just be a means," he warns.

"The trouble is when you go online as a distraction, or without any clear intention or specific goal. That's when you get into trouble."

Real relationships take work

"I think we all sort of subscribe to this fairy-tale version of how love conquers all and how once you find your soulmate, everything falls into place," Schulman points out.

"That's just crazy. It doesn't work like that.

"I think we've become disillusioned that we will find the perfect person now that we have online dating, and that it won't take any work and compromise, but it does, no matter what."

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Felix Buxton, left, and Simon Ratcliffe — a.k.a. Basement Jaxx — have just released their new album, Junto. THE CANADIAN PRESS

Basement Jaxx find their 'thing' is happy sounds

Junto. For years the duo struggled to find something that defined their act; their new album may do just that

Quoted

"(Music) seems pointless unless it's doing something positive."

Basement Jaxx's Felix Buxton on making music that's joyful and optimistic

Basement Jaxx aren't usually associated with restful breathers.

But the high-energy British electronic dance innovators have in fact been more or less dormant the past five years, the longest break between full-length recordings of their long career.

Over that five-year span, the pair watched from the sidelines as EDM exploded — and as longtime friends and cohorts in the chrome-plated pair Daft Punk mined platinum records and Grammy gold.

Such headlining success has eluded Basement Jaxx over their 20 years together. The pair has won a Grammy, but never *the* Grammy, and they've had hits — most notably 2001's adrenaline rush Where's Your Head At? — but they've done so somewhat anonymously, with a tough-to-pin-down sensibility dedicated to globe-trotting and genre-hopping.

It's led to joyously spontaneous creations like their latest album, Junto. But their lack of a defining visual or aural esthetic might have hurt the duo when it comes to building a mass following.

"It hasn't helped us at all," said Felix Buxton during a recent promotional whisk through Toronto. "It's just, like, made people confused. 'I thought Basement Jaxx was some black girls. Who are Basement Jaxx anyway? Because I've seen a couple videos of different people in different styles on different songs.'

"From a marketing point of view, it hasn't helped us at all."

"As far as a picture or photo," chimed in partner Simon Ratcliffe, "yeah, some helmets or something —"

"Would help," finished Buxton.

"Would *really* help," agreed Ratcliffe.

Indeed, marketing dance music to American audiences seems to succeed most often when a hit tune is tethered to something tangible, like an engaging singer or an outsized gimmick (Daft Punk's robotic getup; Deadmau5's various headwear).

In 2009, the duo unleashed an avalanche of material in a way they describe as somewhat haphazard.

The separate albums Scars and Zephyr amounted to nearly 85 minutes of new music. They also amounted to the end of Basement Jaxx's recording contract with XL Recordings, and to hear the pair tell it now, there seemed to be some mutual fatigue fogging that relationship.

"The Zephyr one we actually initially stuck on with Scars (as a double album), and the record company said, 'Don't do a double album because that's a bit Spinal Tap. You're going all progressive. People will definitely not be interested,"' recalled Buxton. "So we put that out afterwards, and I think we basically agreed that no one would market it or anything, but at least could it be available? That was all we asked. It can exist. That's it.

"It didn't seem to be fashionable. And actually after that, the orchestral album, (2011's) Basement Jaxx vs. Metropole Orkest, that wasn't marketed either, because that wasn't fashionable.

"It was a time to not worry about fashion and what people wanted and just do some things."

So Buxton "moved house," read a book on feng shui and spent probably a month sifting through a roomful of vinyl and disposing of thousands and thousands of records. He assessed and tossed away knick-knacks and souvenirs accrued over 20 years of touring the world, and perhaps that process influenced the album's restless globalism.

Every track practically features its own style, marrying their pop house to sounds from Jamaica, Chicago, Brazil, London and Houston. As has been the case on experimental past efforts, some measure of cohesion is achieved because of a common mood, one of joy and optimistic adventure.

"(Music) seems pointless unless it's doing something positive," Buxton said.

THE CANADIAN PRESS

The ‘Holy Grail’ of Canadian cinema

The Captive. Ryan Reynolds jumped at chance to work with Canada’s Atom Egoyan — for acting and directing reasons

STEVE GOW
scene@metronews.ca

Ryan Reynolds agreed to play the lead role in Atom Egoyan’s The Captive before he even knew what the part was.

“He could’ve had me playing pretty much anything,” said the actor about the Canadian filmmaker whose oeuvre includes the Oscar-nominated hit The Sweet Hereafter.

“He’s kind of the Holy Grail of Canadian cinema and to get the opportunity to work with him, you’re kind of chomping at the bit.”

Surprisingly, the Vancouver-born star had not only never worked with Egoyan — he’d only met him once before.

But he got up close with the director as he played the father of a missing girl.

“Atom deals with such darkness, but he packages it in such a way that it’s comfortable (to watch),” explained Reynolds.

He also notes that as palatable as Egoyan’s films are to viewers, it’s much more challenging on the other side of the lens.

“At the end of the day, when you’re lying in your bed — in some motel room in this case — you’re basically just spent.

“When you spend the day doing 10 or 12 takes of you uncontrollably sobbing, that doesn’t feel good.”

Although he only spent two weeks filming heavy scenes for The Captive (he was shooting another film simultaneously) Reynolds appreciated the opportunity to study Egoyan at work.

After all, the actor admits he has his eye on directing.

Cautious about discussing any detailed plans, he admits directing would require stepping out from the spotlight.

“I understand why actors that direct are in their own movies because they kind of scratch two itches with one hand.

“But if I were to direct something, I wouldn’t necessarily want to be in it. I’d want to be as objective as I possibly can.”

Seeing Canada

- **On filming in Sudbury in the winter.** “One of the great side effects of my job is that I get to live in cities that I would never otherwise really see,” said Reynolds. “It was just mind-numbingly cold.”

metro AR Scan this image with your Metro News app to see Ryan Reynold’s trying to keep warm in Sudbury, Ont., in the trailer of The Captive, which opens this Friday.
CONTRIBUTED

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A throwback to slow-burn crime dramas

The Calling. Toronto filmmaker's feature directorial debut focuses more on character than spectacle

RICHARD CROUSE
scene@metronews.ca

"My resumé belies some of my appetite for gross-out humour," laughs Jason Stone, the South-African born, Toronto-raised producer of the Seth Rogen hit This Is the End.

But today we're not talking about his edgy work with Rogen, his writing (he co-wrote the satanic comedy Teen Lust, which debuts at the Toronto International Film Festival this year) or his award-winning short films.

"I love using the scope of filmmaking and really getting the wheels turning," he says, "being larger than life and creating a world. I thought The Calling had all of that, elements of mystery and comedy and drama, that I thought were a real draw."

The Calling is his feature directing debut and stars Susan Sarandon as a small-town Canadian cop tracking down a serial killer.

"I still pinch myself that it all came together the way it did," he says.

"There's a saying in casting, 'Who's going to be your cast magnet?' We had a pretty powerful magnet with Susan, and once she was involved we were able to attract talent as diverse as the top line cast, Topher (Grace), Ellen (Burstyn) and Donald (Sutherland)."

The movie is a throwback to, as Stone says, "propulsive thrillers with big ideas executed by brilliant actors." He says movies like Kiss the Girls, Along Came a Spider and Silence of the Lambs, "used to be the bread-and-butter back in the early '90s and if we could even be put in the same breath as any of those, I'd be thrilled.

"Those are some of my favourite movies of that era. There is so much character in them. I feel like the studios have replaced a lot of the character in those mid-range films with spectacle. It takes a lot more money to make your money back so you have to appeal to a much broader audience. I guess that means adding robots."

Not that he's unwilling to make a mega-movie one day.

"I hope to have a long career making the films I'd love to make," he says. "So if the right story comes along and there's a budget behind it, I feel like I'd definitely jump at the chance if there was a story I could connect to and I thought there was some humanity to it. I would like to think I would only make something I feel a personal connection to."

Quoted

"I love using the scope of filmmaking and really getting the wheels turning. Being larger than life and creating a world."

The Calling director Jason Stone

The Calling, starring Susan Sarandon, opened this past weekend in select markets. CONTRIBUTED

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DVD review

Draft Day

Director. Ivan Reitman

Stars. Kevin Costner

Directed by Ivan Reitman (Ghostbusters), not the first guy you'd think of for a gridiron drama, Draft Day comes on like a cheerleading infomercial for the "historic" trades of the NFL's annual player swap meet.

Kevin Costner is Sonny Weaver, Jr., the down-and-nearly-out general manager of the snake-bitten Cleveland Browns. Every other GM in the league knows he's desperate to make a stadium-filling trade at any cost.

As an onscreen countdown clock ticks toward the official start of NFL talks, Sonny is already dealing with a handful of hassles. He's got two sets of daddy issues, which will be melodramatically teased out, as well as an angry ex-wife, a domineering mother (Ellen Burstyn), a complaining head coach (Denis Leary) and a demanding team owner (Frank Langella).

Sonny is also juggling the demands and dreams of numerous trade hopefuls, including one played by Chadwick Boseman (Get On Up). And just to further deepen the wrinkles on Sonny's brow, he also has a seriously frustrated girlfriend (Jennifer Garner).

You don't have to be a football insider to realize that some of Sonny's more dramatic deals seem not of this world, notwithstanding the high-wire antics of Moneyball, an obvious influence.

Extras include deleted scenes, commentary by writers Rajiv Joseph and Scott Rothman and making-of featurettes. **PETER HOWELL**

Television

Downton Abbey trailer hints at romance, fire

ITV has unveiled the first trailer for the next season of Downton Abbey, which premieres Sept. 21 in the U.K.

The fifth season is poised to be an eventful one for the protagonists. In its new video, the British network hints at romance — as Lady Mary grows closer to Lord Gillingham and the footman Jimmy Kent pursues his forbidden love affairs — as well as drama, as Lord Grantham fears that his grandson is about to be stolen from the family. There is also a shot that hints that a terrible fire may break out at the estate.

The new season, which is written once again by the show's creator Julian Fellowes, is set in 1924 and finds the family coping with reforms carried out by the first Labour government. **AFP**

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‘Sommelier of horror’ talks Midnight Madness

Colin Geddes. Programmer for TIFF’s horror, sci-fi and thriller flicks talks about what’s in store for audiences this year

Follow along as Andrew takes an intriguing person out for a night on the town, visiting some of Toronto’s newest hot spots and offering tips on how you can create your own date night.

DOBBER DATES
Andrew John Virtue Dobson
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@dobbernation

This year Colin Geddes will be the last TIFF staffer to head to bed and last to get up in the morning. His professional excuse: “I’m the programmer responsible for Midnight Madness.”

I was looking forward to going on a date with Geddes, a self-described “sommelier of horror films,” to learn more about the wild and wacky cinema he programs each year.

We met at The Royal York Hotel’s Library Bar, a property known for its spooky history, where we tipped our hats to Douglas Coupland’s Pop Culture Cocktail and Mordecai’s Spiced Manhattan.

The film buff reminisced over his memorable first week in Toronto. “I had just moved to the city and found myself standing in a line at the Bloor Cinema for Midnight Madness. It was at that moment 25 years ago that TIFF became my film school,” he said.

Geddes now watches more than 250 films each year in order to program a total of 10 for Midnight Madness audiences. The program has a cult following with directors like Quentin Tarantino checking out screenings throughout the duration of the festival.

“Every night we show wild and wacky films from around the world, which fall into the horror, black comedy, sci-fi, action and thriller categories. The audience here knows to expect something different. The rest of the festival is about glamour and art while Midnight Madness is pure fun,” he said.

Colin Geddes is the programmer responsible for TIFF’s Midnight Madness program. ANDREW DOBSON/FOR METRO

So how does Geddes program the festivals most thrilling nightly premieres?

“I’m looking for something new, with a twist. It’s the last film of the day and I need to either wake up audiences in the first 15 minutes or keep them on the edge of their seats until 2 a.m.”

Geddes shares a few tips for those looking to find inspiration at the stroke of midnight. Two films not to miss: Tusk, American director Kevin Smith’s first departure from the stoner/comedy genre (made so famous by his cult classic Clerks) and What We Do in the Shadows, a mockumentary from New Zealand about four roommates who are also vampires.

Most might stray from taking a date to a spooky horror film, but Geddes offers sage advice for Toronto’s young couples: “Go on a first date to see a horror film. You’ll both put yourself in a vulnerable position; sometimes that’s the best way to break the ice.”

For more on Midnight Madness visit tiff.net.

Where to go before, after

Pre: Head to the Queen and Beaver Public House before the show and be sure to indulge in a juicy burger. Pair with a sudsy local brew.

Post: After the show head to the Park Hyatt’s Rooftop Bar to enjoy pretty views over the city while sipping on a classic Manhattan.

WATCH FOR DAILY UPDATES ON CELEB SIGHTINGS AND TIFF PARTIES FROM ANDREW DURING THE FESTIVAL AT TIFF.METRONEWS.CA

METRO CUSTOM PUBLISHING

Hidden hot spots provide inspiration

American Express research reveals undiscovered gems

#InspiredBy. CONTRIBUTED

From coast to coast, Canadians agree that unexpected and surprising places give more inspiration than traditional tourist traps.

This comes from global research conducted by American Express, which found that 98 per cent of Canadians agree that exploring our own cities or hometowns is a great place to start finding inspiration. More than one-quarter (27 per cent) of Canadians state they have their own personal inspirational havens, whether it’s for fitness, dining, shopping, reading or relaxing.

There are so many places yet to be discovered and enjoyed, with more than half the population admitting to only being familiar with a portion of their cities. To help motivate Canadians to seek out their city’s hidden potential, American Express Canada worked with bloggers and residents of Vancouver, Calgary and Toronto to crowdsource each city’s undiscovered gems and populate them into interactive maps.

“At American Express, we want to help Canadians untap the potential of the places they live to enrich their lives,” says David Barnes, vice-president, advertising and communications, American Express Canada. “We recognize that this isn’t achieved just through transactional experiences — there are wide ranges of ways in which this can be done.”

Where’s your favourite inspirational place? See if yours is listed on the American Express Canada Facebook Page or check out the Sept. 8 issue of Metro.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Celeb nude pic leak: What happens in the iCloud doesn't always stay in the iCloud

NED EHRBAR
Metro in Hollywood

It's been a while since there was a celebrity nude photo leak, so some industrious and not-at-all-creepy hackers got together to unleash one doozy of a Labour Day weekend photo dump, posting images allegedly of more than 100 stars including Kate Upton, Kirsten Dunst, Ariana Grande

and America's kid sister, Jennifer Lawrence. The images, reportedly culled from iCloud accounts, were initially posted to that bastion of online decency, 4Chan, before going wide on Twitter. Lawrence, for her part, isn't taking this lying down. "The authorities have been contacted and will prosecute anyone who posts the stolen photos of Jennifer Lawrence," her publicist said in a statement. Some of the hacking victims, like Grande, singer Victoria Justice and Olympic gymnast McKayla Maroney, were quick to dismiss the risqué images as fakes, but others confirmed their legitimacy. "To those of you looking at photos I took with my husband years ago in the privacy of our home, hope you feel great about yourselves," Mary Elizabeth Winstead tweeted. "Knowing those photos were deleted long ago, I can only imagine the creepy effort that went into this. Feeling for everyone who got hacked." If nothing else, it's a poignant lesson in how hard it is to really, truly delete something online, especially from a cloud-connected phone. The Internet, after all, is forever. My own tactic for keeping safe is simple: Just don't be someone people would be interested in seeing naked. But I guess that's not very good advice for these ladies.

Britney splits with boyfriend, reaches out to bad-boy ex

In the wake of her split last week from boyfriend David Lucado, Britney Spears is reportedly reaching out to a questionable old contact. Sources tell Radar Online that despite supervision from her father, Spears has been secretly texting controversial ex-boyfriend Adnan Ghalib. Spears and Ghalib dated in 2008 before she was placed under a conservatorship. In 2009, her minders obtained a three-year restraining order against Ghalib. "(Her dad) monitors Britney's cellphone, but she found a way to secretly text Adnan," a source says. "They never really stopped talking."

Britney Spears and David Lucado ALL PHOTOS: GETTY IMAGES

Let them buy some royal cake ... for $1,375 a slice

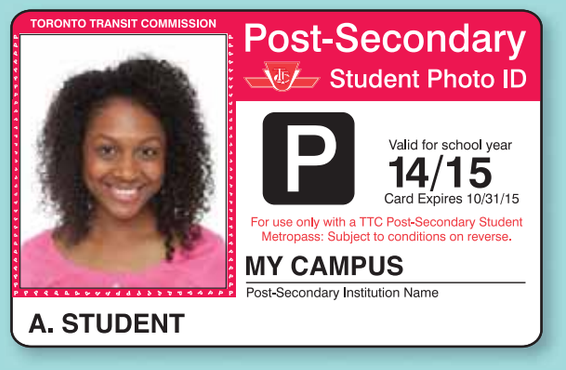
There are cheaper ways to get your hands on some dessert. A slice of cake from Princess Diana and Prince Charles' 1981 wedding was auctioned off to a member of a "passionate group of royal cake collectors" last week, according to the Independent. The winning bid? A mere $1,375. For a 33-year-old piece of cake. Slices from Prince William's 2011 wedding are also starting to hit the auction block, though you'd think they'd be worth more the fresher they are.

Charles and Diana on their wedding day.

TTC Post-Secondary Photo ID

There are changes to the TTC Student photo ID. Post-Secondary students must carry photo ID. Although you do not need to show it when using a Post-Secondary Metropass, you must be able to produce it upon request by Fare Enforcement Officers or TTC staff.

For more information, please visit ttc.ca

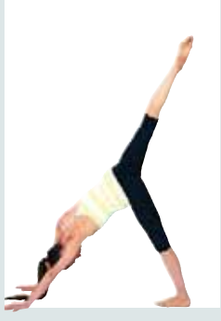


TORONTO TRANSIT COMMISSION

Get behind it: Butt lift yoga

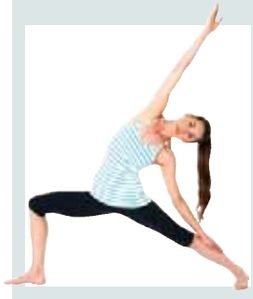
Yogi Tara Stiles, owner of the Strala Yoga Studio in New York, shows us how to reshape and tone our backside. Do this simple five-step sequence up to four times a week.

ROMINA MCGUINNESS
Metro World News in London



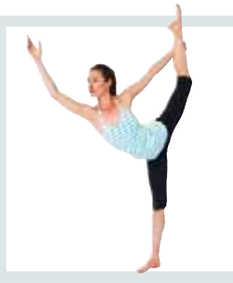
From downward-facing dog, take a big inhale and lift your right leg up and back. Open your hips and shoulders and adjust accordingly.

Exhale and step your right foot between your hands into a low lunge. Ground your left back heel and open up into a warrior II. Sink your hips and aim your front knee over your front ankle. Open your arms out to the sides and gaze over your front fingers. Hang here for 10 long, deep breaths.



Inhale and tip your torso back into reverse warrior.

Take a big exhale and crawl yourself out into a warrior III. Bring your fingertips in front of you and lift your back leg up.



Roll up to stand and hug shin in to torso to get into dancer. Relax knee toward ground. Hold foot with hand and gently press foot into hand, extending opposite arm upward. Hang here for three long, deep breaths and go back to downward-facing dog.

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Do you want to enjoy retirement? Then you'd better start planning now

Plan ahead. Five steps to help you prepare for a more satisfying and financially stress-free life in retirement.

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Like death and taxes, retirement is a reality. You can plan for it and make it what you want it to be, or you can stick your head in the sand and hope for the best.

If you choose the latter, you should not be surprised if you get to your golden handshake to find your life far less satisfying than you'd hoped it would be.

And since retirement will likely last 20 years or more, you'll have lots of time to worry. Want to avoid that? Take these steps:

Sign up for your company pension plan at work

If your manager told you tomorrow that there was a way to get a raise immediately, no questions asked, would you be interested? That's what a company pension plan that matches your savings is all about.

People who haven't signed up are often unwilling to give up the money they want to spend on other things to save for a goal that may seem a very long way away.

Unwilling to give up the $125-a-month specialty channel package because "TV helps you to relax?" Think about what it's going to be like later when it's time to hang up your hammer.

Will you be saying, "Y'know, I'm really glad I had all those TV channels; it really makes this ramen noodle diet worth it?"

Probably not.

Do you dream of buying a sailboat and sailing through the Caribbean all winter? Are you planning to buy a cottage, renovate your home or travel? How are you going to pay for it? ISTOCK

Think about how you want to live in retirement

Do you dream of buying a sailboat and sailing through the Caribbean all winter? Do you want to spend time visiting your kids and grandkids? Are you planning to buy a cottage, renovate your home or travel? How are you going to pay for it?

If you think retirement means nothing much should change in your life, despite the fact you'll be living on a reduced income, think again.

Most pension income comes in at about 60 to 70 per cent of your working income. If you've been living well within your means, adapting to 30-per-cent less money shouldn't be too big a problem.

But if you've been living to the max, burning through most or all your take-home pay every month, things could get tight.

Number crunching

If you're uneasy about how much of your paycheque will be replaced by income from pensions, investments and savings, it's time to stop guessing and look at the numbers.

Look at the numbers

Being a little scared about what retirement will mean isn't uncommon. If you're uneasy about how much of your paycheque will be replaced by income from pensions, investments and savings, it's time to stop guessing and look at the numbers.

The only way to know for sure if you will be able to maintain your lifestyle and do all the things you've dreamed of is to do the math.

Find out how much you'll be getting from your pension plan, how much you can count on from government benefits and how much you'll have to make up from your own savings.

Create a budget for your retirement spending

Go over your existing budget — if you don't have one, now you have another good reason to make one — and highlight those costs that will remain the same, those that will go down (think commuter costs and clothes) and those that may go up (think medical and, perhaps, travel).

Start planning early enough and you'll have the time and flexibility to make moves that'll put you in a better place during retirement.

You can rein in your spending. Look for ways to eliminate costs. Practise living on less now — use your estimated retirement income as your guide — and you'll not only build some confidence about the future, you'll add to your savings.

You can also boost your earnings. Are there ways to increase the money coming in? Look around for ways to make a little extra money.

That goes hand in hand with delaying your retirement. The later you retire, the more time you have to save and the more time your money has to grow before you start drawing on it.

And if you plan to work during retirement, you'll stretch your retirement savings even further. Do you have an interest or hobby you could turn into a money-maker? Would you consider working part-time? A little extra income will make savings last.

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As a special end-of-summer gift to our readers, Metro brings you the first chapter of The Afterlife of Stars, the newest book by award-winning author Joseph Kertes. Over the next four days, we will be introduced to the Beck brothers, two young boys grappling with the world around them as Russian tanks roll into Budapest during the final days of the Hungarian revolution. In **Part 1** of four, we meet Robert and Attila Beck and their family.

The Afterlife of Stars

A not-yet-three-year-old Joseph Kertes is shown being held by his father, Paul, in Budapest in 1954. His mother, Hilda, is holding his older brother Bill, who was called Bela at the time. CONTRIBUTED

On October 24, 1956, the day I turned 9.8, my grandmother came to take me out of school in Budapest's 6th District. We were in the middle of reviewing decimal points because of a mistake a girl in the class named Mary had made. Other parents and grandparents were arriving too with the same aim, although no one had come yet to get my friend Zoli.

My grandmother gripped my hand as we made our way down Andrassy Avenue, but a crowd had formed at the Oktogon, blocking our passage. A tank stood in the street with a bold red star shining on its flank. We saw Russian soldiers, but no one was looking at them. Everyone was gazing up instead at eight Hungarian soldiers, one hanging from each of the lampposts. My grandmother pulled hard on my arm, but not before I was able to join the lookers.

A couple of the Hungarians had stuck out their tongues as they dangled — one seemed to be smiling, four wriggled and bucked, and the one nearest us, straight above my grandmother and me, looked down at us with evergreen eyes, but there was no anger in the eyes, or even light.

Klari, my grandmother, breathed into the crown of my hair, sending hot tendrils down over me. "Come, please," she whispered. I shuddered.

The crowd was quiet. Even the few people who were sobbing were doing so silently, swallowing the sound. And then we heard from a little way down the street what I thought was an orchestra and a singer, a soprano, singing a sad song. I looked around us as my grandmother turned me toward the sound. "It's a record," she said. "From over there."

We spotted an open window above a lacy café a half block away, the white tongue of a curtain fluttering out from the window. "A record?" I asked.

"Yes, a phonograph record," Klari whispered again, steering me onward. "It's Mozart," she said, "his 'Laudate dominum,' I think. 'Praise the Lord,' it means. I wonder why they would play that now."

"Because they like it," I said.

"Yes, of course. Because they like it. Mozart wrote some moving songs."

"Did you see the man's hair?" I turned back toward the Oktogon, toward the dangling men.

"Whose?" my grandmother asked me.

"The man with the green eyes." She looked with me, but just for a second. The man's auburn hair was parted and brilliantined so that it shone even at this distance. "Do you think he combed it for someone?" I asked.

"I don't know," Klari said. "His sweetheart, I suppose." I thought my grandmother might cry, but instead she said, "Now, please keep moving, my dear. We'll have cake. Let's have cake, at Gerbeaud Café."

"Now?"

"Yes, now. Let's have a treat. You can order anything you want. I know you want poppy-seed strudel."

She took me all the way to Vorosmarty Square. The cobblestones made me think of a great house lying on its side. From the top of the building opposite, two Russian soldiers, both sturdy women, unfurled a canvas sheet so big it covered a side of Kossuth's Department Store from roof to sidewalk. It was a vast portrait.

"Look, it's Papa Stalin," I said. I knew him right away from the picture above the clock in our classroom. He had the same smile and mustache, a mustache that was three times as impressive as Hitler's, which was little more than a black checkerboard square. I found myself smiling back at the giant face, like a circus face.

"Please," my grandmother said, giving my arm another tug. "He came to liberate us, the great father," she said under her breath, "but he forgot himself. He forgot to leave. They forgot to leave. *Come*, Robert, please." She was pulling hard on my arm now.

I was as excited about poppy-seed strudel as I was about Kaiser Laszlo, Gerbeaud's monkey in a golden cage. He squealed as soon as we walked in. I think he recognized me because I'd fed him some apple cake last time. If I were the Kaiser, I'd recognize everyone who fed me cake. He was wearing a bellman's blue cap and vest. He tilted his head in an appealing way and held out his little hairy hand.

As we got comfortable, I felt warm, as if we'd come in out of a storm. The waiter placed our sweets and cocoas in front of us. Klari took out her compact and mother-of-pearl makeup case. I watched, dazzled, as my grandmother, like an artist, applied some lines and clouds, borders and dots. Once done, she fished out her monogrammed silver cigarette case, removed a cigarette from behind the little garter and tapped the end on the case before lighting it. I was just breaking off a corner of my strudel for the Kaiser when the manager walked to the middle of the busy café, clapped her hands sharply and called out to us, saying we all had to go. She was very sorry. The café was closing for the rest of the day, but we could take our cake with us. The waiters brought linen tea cloths in which to wrap up our things. For a moment I thought it might have been the cake — they'd run out of cake — but the glass cases were full of colorful sweets. I spotted a colony of marzipan goblins and other figures. Our waiter brought me one of them, a marzipan monkey with a cap like the Kaiser's.

A woman in a long mink coat brushed by us, trailing the scent of mothballs. For the longest time, I had thought that this was the scent of mink. I knew better now, but I wondered if moths went after *actual* minks or just mink coats.

The woman paused by the door to look back at us but then peered down at her own feet. She wore black patent leather shoes with very high heels and sharpened toes. They were pointing at

On the shelf

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Joseph Kertes is the award-winning author of The Afterlife of Stars. IAN CRYSLER/FOR METRO

something. "Look," the shoes seemed to be saying, "right there on the floor. Have a look."

Then, with their fine sense of direction, the shoes turned, pointed the way out the door and took the woman out.

People were leaving quickly and abandoning their cake, most of them.

"What will happen to the Kaiser? They won't hang Laszlo, will they?"

"No, of course not. Not a thing will happen to him," my grandmother said. "He'll be here for us next time."

"When?"

"*Next* time," she said, as if she were saying never.

We hurried home to find my parents rushing around the apartment and making telephone calls. Our mother flitted from one room to the next. She smiled when she saw that I was home. "Sorry you had to leave school, my lambkin," she said, and then went about her business. My brother, Attila, was already home. He was 13.7, and he had our mother's blond hair, while I had black hair, like our father's. Attila was also a head taller than I was, everyone kept pointing out, making me want to plop an extra head on top of mine, a freaky one, possibly.

My brother was sitting on the sofa eating an apple. "We're leaving altogether, my lambkin," he said to me.

I sat down beside him. "Where are we going?"

He was chomping away but said, "West. We're going to the Wild West. You'll need your cowboy hat and spurs."

"Why?"

He was acting as if he knew but wasn't telling, so I said, "I saw the hanging men."

His face fell open. "What do you mean?"

"From the lampposts."

He turned his Arctic blue gaze on me. "Which ones?"

I crossed my arms. "On Andrassy," I said. "At the Oktogon." I pictured the man with the green eyes and nicely combed hair. As if to protect the secret of this man, I said, "Some of the men had their tongues sticking out."

Attila jumped to his feet. "That is not what happened. You did not see hanging men, and they do not stick out their tongues. I know that for a fact."

I shrugged. "Ask Mamu."

Attila ran off to get our grandmother, and I could hear him yelling out questions at her. When he came back to me, he had whitened. His blue eyes looked like marbles dropped in snow. He looked as if he wanted to strangle me. He glared, slapped at the arm of the sofa. "Are they still there?"

"What?"

"Are they still hanging there? *Shit*."

He ran out to the balcony, climbed onto the railing to peer out over the bronze head of Mor Jokai, the old Hungarian writer, whose statue sat at the top of our street, keeping watch over it. Attila turned toward me with his icy look. Then he flew back past me to our bedroom, slamming the door behind him.

That night, as we got ready for bed, my brother looked inside his pajama bottoms —he did quite a study — and then he raised his arms, flexed and turned toward the mirror, admiring the muscles and then the hairs sprouting from his armpits. "We are experiencing the balding of the world, my small brother." He tugged on a couple of the hairs. "These tufts are the last bits of hair left to us. But notice the apes are having none of it. They probably know something we don't."

"What?" I asked.

"I told you, it's something we don't know."

"How do you know it's anything, then?" I said.

Attila sighed heavily but then moved on immediately, which was his way. He peered down again into his pajama pants. "I would have made sperm a brighter color," he said, "if I had been the Lord God, Creator of the Universe."

"What color is it now?"

"You don't know?" he asked, smiling broadly. I shook my head. He said, "Do you want me to bring some forth for you to see?"

"No, I don't."

"It's a drab pearly cream color. It doesn't say how important it is, how exciting, how it makes babies, humans, soldiers, beauties, love, courage, heroism." The image of the hanging men shot through me, this time the ones with their tongues out. Attila was still talking. "The color says nothing, or it says it is nothing. Blood is red. It makes declarations. It says alarm; it says *I am the living stream*. But sperm does not. It is drab and poorly designed, or at least poorly decorated. 'Give it something more,' I would have said to the Lord. 'Color isn't everything. Give the little sperms horns, or feathers.'"

"Feathers?"

"Or full wings. Just fly through air. Right now, the slithery bastards swim upstream. Give them wings. Give them noisemakers, or little voices, so that all together they could sound like a mob storming the gates."

Attila got into bed. I was still sitting on the edge of mine, waiting for more, I guess. I was staring at him, at the back of his golden head, his slender white neck. I was sure that with a noose around his neck my brother would keep his tongue in his mouth, just to prove his point.

By the time I switched off the lights, Attila was asleep. He always fell asleep right away, even when our grandmother told us stories. Now I listened as she and our parents spoke quietly but heatedly in the living room. "We'll go to Nebraska or Utah," my father said. Now he turned on his loudspeaker voice.

"We'll become Mormons. I want to become a Mormon, try on something new." I could hear him creaking back and forth over the floor. He stopped. "We'll go to Canada. Why not Canada?"

I recognized the word *Canada* because my father's cousin Peter lived there.

"What are you talking about?" my mother asked. "And please keep your voice down."

My grandmother said we should go to Paris first to visit her sister Hermina. It would be a good place to start.

"We'll visit Paris," said my father too loudly. "We're not staying in Paris."

"Why don't we wait to see?" my mother asked.

"Because we've had enough here," he said. "Have you not had enough of Europe?" He was blasting out his thoughts now. "We've had enough of the old bitch. Europe is a failed experiment—it should be paved over and turned into a parking lot."

"Simon, please," Klari whispered. "You would not have said that if your father were still around."

"He's not around. He is resting at last."

"Do you consider that a good thing?" his mother asked.

"It works for me."

"*Simon*," my mother said. "Why do you always have to go too far?"

"Here's what I know," Klari said. I could hear her huffing. She might have gotten to her feet. "I know that nobody knows anything. And some of us know nothing with greater certainty than others."

No one answered. There was some shuffling of feet and some clinking of glasses, but they went quiet soon after.

In the darkness, I watched the bar of light at the foot of our door. It floated up like a wand into the ceiling. When the living room lights finally went out, I waded through the black milk of the night. I saw the green eyes of the hanging man up ahead in some woods, like the eyes of a woodland creature. I heard music — drumming — from the window and thought of Kaiser Laszlo, deprived all afternoon of his usual morsels. But it wasn't drumming. It was pounding. Our bedroom windows rattled in their casements and lit up as bombs fell in the distance, their sound muffled, as if I were listening to them through my pillow. I counted the seconds between the flashes and the sound, the way Attila and I did with thunder and lightning, to see how far away it was. Then the hanging man's eyes floated up again, greening over my sleep.

As Attila and I got dressed the next morning, it felt strange not to be going to school. It felt like a holiday, but not a festive one. My father's cousin Andras and his wife, Judit, were over, and the whispering continued until Attila and I joined them. They were sitting in the kitchen having tea and walnut cake. Judit was as pregnant as could be and panted as she shifted this way and that. She seemed too small and slight to have all that baby stuffed inside her. Judit had a copper glow about her in the lamplight and a constellation of copper freckles, which shifted with her big smile. She gave me a hug and kiss and smelled of the sweet powdery scent of a baby herself. She said, "I hope I have a child as beautiful and smart as you boys."

"You should be so lucky," Attila said, as he reached for a cup and panted extra hard in imitation of Judit.

Judit wanted me to sit in her lap, but I said I was too big. "You're not," she said.

"He is, my sweetie," my mother said, smiling. But Judit had already pulled me down into her lap and thrown her arms around me. Everyone was smiling then as things seemed to swirl around us.

Judit said, "I just want a good child, a kind one."

"Oh, is *that* all?" my brother said. He had poured himself some espresso and was adding ten spoons of sugar.

"Yes," was the answer. Judit had a determined look in her eyes.

"Mamu and I saw people hanging our soldiers," I told her. "Russians."

Judit loosened her grip on me. "Oh, my dear Lord," she said. "Oh, dear Lord. My poor young Robert." She held my face by the temples, looked me in the eyes. "There are good people and there are bad people, but the worst people are the ones who think they are good when they are in fact bad, evil. They would seat themselves right next to the Lord in heaven."

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Online only

We have more on The Afterlife of Stars at metronews.ca

- **Video.** Metro columnist Richard Crouse interviews Joseph Kertes about his new book and the creative process.
- **Author talk.** Have a question for Joseph Kertes? The author will hosting a live online chat Thursday, Sept. 4 at 1 p.m. EST. You can submit questions in advance at metronews.ca.

Lessons from the desert

Gains don't come without some pain

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

When the team's success is dependent on its weakest link, the weak link needs to be coached through a breakthrough. I got to experience it in a recent team bike race. The first requirement was a selfless team leader dedicated to moving the weakest rider fastest, a role former Canadian cycling professional Michael Barry took on brilliantly. Most of us would ultimately find ourselves to be the weak link at a point in time during the race, and our sergeant on wheels would come knocking.

I was the first and our pro rode a few inches to my left and decided what the team's pace should be by assessing my capacity to follow: "You think you are giving all you have? You have more. I can tell by your breathing, posture, pedal stroke, your face," he said. He and the team then took me through 40 minutes of unprecedented physical and mental exertion. He offered encouragement ("Yes you can!"), advice, his water bottles, food. He demanded I ingest liquid sugar, asked me to give more, adjusted the team's pace when I withered, and said what needed to be said including negative reinforcement (much of which I didn't want to hear at the time) so I would expend myself. I despised the climb, but minutes later looking back, I was elated to have been pushed to my new limits. Breakthroughs are never easy!

We tend to erroneously perceive that we give our best to the people in our lives or the projects we undertake. Being challenged to give even more can be unsettling. Sometimes it takes someone riding two inches from you to help you realize how much more is within you to truly give your best.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

Quoted

We tend to erroneously perceive that we give our best to the people in our lives or the projects we undertake. Being challenged to give even more can be unsettling.

Sometimes we need a drill sergeant to push us to our limits and help us grow. ISTOCK

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App'd to handle it

Tech. A guide to find the best apps to keep you focused and organized this year

MIKE YAWNEY
For Metro

Attending college or university for the first time can be daunting. Fortunately, students can use their smartphones and tablets to give them an upper hand on adjusting to campus life. Here are a few great apps for new and veteran post-secondary students.

Allrecipes, free (iOS, Android and Windows)
Students shouldn't have to live off noodles and canned meat. The free multi-platform app not only gives students suggestions on what to make, it also provides video walkthroughs for many recipes. The shopping list feature lets them make a list of needed items, then cross them off at the store.

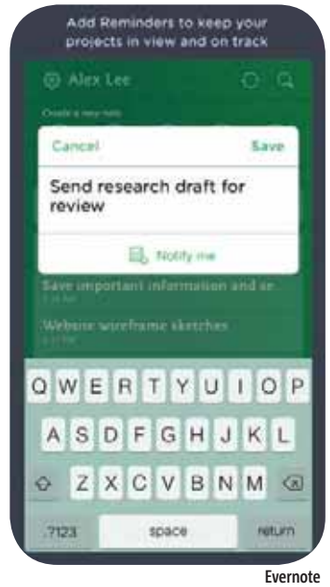
iStudiez Pro, $2.99 (iOS)
Stay organized this school year with this beautifully designed app. Help track your deadlines, plan homework and schedule an entire day from an iPhone or iPad. The built-in GPA calculator helps you monitor results, keeping you on track to ensure there are no surprises at the end of the semester.

Evernote, free (iOS and Android)
Never worry about leaving a laptop or tablet full of notes at home again. Now you can always have your notes with you with the Evernote app. Take notes with photos, graphs, audio, and video, and the app automatically stores everything in an online account, which can be accessed on most iOS and Android devices. The best part is this highly useful app is free and ideal for broke students.

SelfControl, free (Mac OS)
It's easy to get distracted by social media, email and viral video sites while working online. This ingenious Mac application blocks all those distracting websites. Create a list of websites you want to block, launch the app, and watch as it prevents you from visiting them. The websites are blocked even if you delete or restart your computer. For many, this may be the only way to ensure they get your work done with little distraction.

Circleof6, free (iOS and Android)
Safety on campus is a concern for both students and parents. This app allows you to invite six people into your circle of friends. If you are walking home alone at night or meeting someone new for the first time, you can send a customized "come and get me" message along with a map showing exactly where you are. Sending a message only takes two taps on the screen.

Dictionary.com, free (iOS and Android)
More than just a dictionary. This updated app shows words trending in your area and will help you learn the lingo of your campus, making it perfect for those studying abroad for school. As an added bonus, downloading this app gives users access to Thesaurus.com. The app also works offline.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Health Solutions

Get peeling because it's totally worth the effort

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Fresh peas are a pain in the pants to peel. I totally agree, OK? But are they ever worth it!

They are almost done for the season, so now is the time to make use of them. They really do deserve at least one very good run.

(If you are really time-crunched, go right ahead and buy them shelled and packaged because frozen is just not the same and will soon be all you can get.)

Green peas are so ubiquitous that it is easy to forget they are a member of the legume family, which has been shown not only to reduce cholesterol but also to be high in antioxidants.

Vitamin K, beta carotene and a boatload of minerals come with every mouthful, but a half cup is only 60 calories.

Peas are great simply poached for two minutes and then tossed with garlic, salt and olive oil.

Anything else is just gilding the lily.

The trick is to cook them as little as possible until they turn bright green.

One minute longer and you will end up with a greyish, mushy mess that may as well have come from a can.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Go green for dinner with Easy Fresh Peas and Kale Soup

Vegan. All you need to make this delicious soup is a few basic staples and 15 minutes

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 1 onion, chopped
- 1 tbsp fresh chives,oregano
- 1 tbsp butter or olive oil
- 1 litre vegetable broth
- 2 cups fresh peas
- 5-6 cups baby kale
- 2 cups pistachio nuts
- 1 cup grated cheese (optional)

This recipe serves four. THERESA ALBERT

This late summer soup uses the best of the crop: fresh peas and baby kale. It's a vegan soup that will demolish that summer indulgence feeling. It takes 10 minutes to make bowlfuls of pleasure as an entrée with pistachios and/or cheese.

1. Chop onion, chives and oregano. Melt butter in pot and add onion, sweat for 3 minutes over medium high heat.

2. Add broth and bring to a boil, stir in peas and simmer for 3 minutes. Stir in kale and simmer for 2 minutes, add chopped herbs.

3. Use a purée wand to blend and top with shelled pistachios and cheese, if using.

THERESA ALBERT OF MYFRIENDINFOOD.COM

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For further information, please visit ttc.ca.

TORONTO TRANSIT COMMISSION

4 SPORTS

Tennis

Bouchard out of the U.S. Open

Canada's Eugenie Bouchard is out of the U.S. Open.

The Westmount, Que., native lost her fourth-round match 7-6 (2), 6-4 to Ekaterina Makarova on a sweltering Monday afternoon after needing treatment from medical staff midway through the second set.

The 17th-seeded Makarova advanced to the quarter-finals, where she will face the winner of a match between Victoria Azarenka and Aleksandra Krunic.

THE CANADIAN PRESS

MLB

Four Phillies pitchers combine to no-hit Braves

Cole Hamels and three Philadelphia Phillies relievers combined to pitch a no-hitter Monday, beating the Atlanta Braves 7-0 and giving a last-place team a rare reason to celebrate.

Hamels (8-6) was pulled after six innings and seemed fine with the decision. He struck out seven, walked five, hit a batter and threw 108 pitches on a hot afternoon at Turner Field.

Relievers Jake Diekman, Ken Giles and closer Jonathan Papelbon each pitched a hitless inning to finish off the fourth no-hitter in the majors this season.

THE ASSOCIATED PRESS

Ticats win in new home's first game

Tim Hortons Field. Hamilton's defence holds Ray, Argos at the Labour Day Classic

Zach Collaros and the Hamilton defence made the Tiger-Cats' debut at Tim Hortons Field a victorious one.

Collaros threw for 317 yards and a TD in his first game against his former team while a stingy Hamilton defence held Toronto to just 146 net yards as the Ticats edged the Argonauts 13-12 before an energetic Labour Day Monday gathering of 18,135.

"I can't say enough about the fans," Collaros said. "They really carried us through that whole game and I think it helped us.

"Anytime you can shut down a Hall-of-Fame quarterback like Ricky Ray, holding him to 12 points, and they play defence like that, we'd better win the game. We did just enough to do so."

Collaros finished 27-of-38 passing against Toronto, where he spent two seasons backing up Ray before signing with Hamilton as a free agent in the off season. The game was also Collaros' first since suffering a concussion against Edmonton on July 4.

Toronto (3-7) suffered its third straight loss yet remains atop the East Division.

Hamilton Tiger-Cats' quarterback Zach Collaros, right, is chased by Toronto Argonaut defender Delano Johnson in the annual CFL Labour Day Classic and inaugural game at the brand new Tim Hortons Field in Hamilton, Ont., on Monday. AARON LYNETT/THE CANADIAN PRESS

However Hamilton (2-6) and Montreal (2-7) are tied for second with Ottawa (1-8) just four points back.

"Thank goodness the defence played so well. They gave us an opportunity to win," said a relieved Ticat head coach Kent Austin.

Tim Hortons Field was impressive despite sections that still remain construction zones, as work continues there. As a result, the seating capacity for Monday's game was about 18,000 — which included Canadian John Saunders and Chris Berman of ESPN — roughly 6,000 short of capacity once the facility is finally completed.

Ray said there's a simple solution to cure Toronto's woes: Play better.

"You can't feel sorry or wait for something good to happen," he said. "We're just not playing good enough to win right now.

THE CANADIAN PRESS

Labour Day Classic

Argos	Ticats
12	13

- **In Calgary.** The Stampeders took the lead in the CFL standings with a 28-13 win over the Eskimos.

Kirk sends his regards

Chris Kirk kisses the winner's trophy after winning the Deutsche Bank Championship — the second tournament of the FedExCup Playoffs — on Monday at TPC Boston in Norton, Mass. Kirk closed with a 5-under-par 66 for a four-round total of 15-under 269, beating three second-place finishers by two strokes. ROSS KINNAIRD/GETTY IMAGES

Defoe stays as EPL clubs dangle 'a lot of money'

Jermain Defoe is staying put with Toronto FC after the MLS team turned down several transfer offers, including a club-record bid, for the England striker.

But questions remain whether Defoe wants to continue in a Toronto uniform.

General manager Tim Bezbatchenko, who spoke to Defoe earlier in the day, told reporters in a conference call Monday that his star forward wanted to remain in Toronto.

"He's committed," he said.

But Queens Park Rangers manager Harry Redknapp told a different story.

Recalled

Defender Doneil Henry has left Canada's training camp to rejoin Toronto FC, as Steven Caldwell and Justin Morrow sit out injured.

"We made a big effort to get Jermain Defoe back but couldn't quite manage to get a deal to bring him back from Toronto," Redknapp told BBC 5 Live. "He wanted to come home but there was no way that they would release him before the playoffs."

Defoe played under Redknapp at Tottenham and Portsmouth.

Stan Collymore, a former player turned soccer pundit in England, tweeted Redknapp as saying "Almost certain Defoe will come in January."

Bezbatchenko declined to say who the interested clubs were, saying only there was more than one. But he said the top bid was a near-record amount for MLS as well.

"I want everyone to know there was a lot of money on the table," he said.

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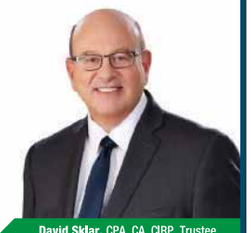

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
This is a great day for getting things done but be quick because the rest of the week will be taken up by relationship issues that eat into your time.

♉ Taurus
April 21 - May 21
Money matters will go very well indeed today as will anything to do with your working routine. It seems that Lady Luck is very much on your side right now. Make good use of her.

♊ Gemini
May 22 - June 21
Even a Gemini needs help sometimes and you will need it over the next 24 hours. With Mercury moving into the most sociable area of your chart, you'll get the help you require.

♋ Cancer
June 22 - July 23
Don't be tempted to take on too much work today. If you do your standards may have to be lowered. No matter how much others offer you to do more, resist the temptation.

♌ Leo
July 24 - Aug. 23
Start aiming higher. So many times in the past you've had chances to do something special but failed to get started. It may be now or never.

♍ Virgo
Aug. 24 - Sept. 23
If you feel the need to reorder your home life, do so. But don't go making changes that cost a lot of money. There is a lot you can do for free. Be creative.

♎ Libra
Sept. 24 - Oct. 23
Mercury, planet of the mind, moves into your birth sign today, so you'll know what needs to be done. It doesn't mean you have to do it instantly.

♏ Scorpio
Oct. 24 - Nov. 22
There is a danger that in your enthusiasm to show what you can do you will take on too many tasks and spread yourself too thin. Focus on the one thing you are naturally good at today.

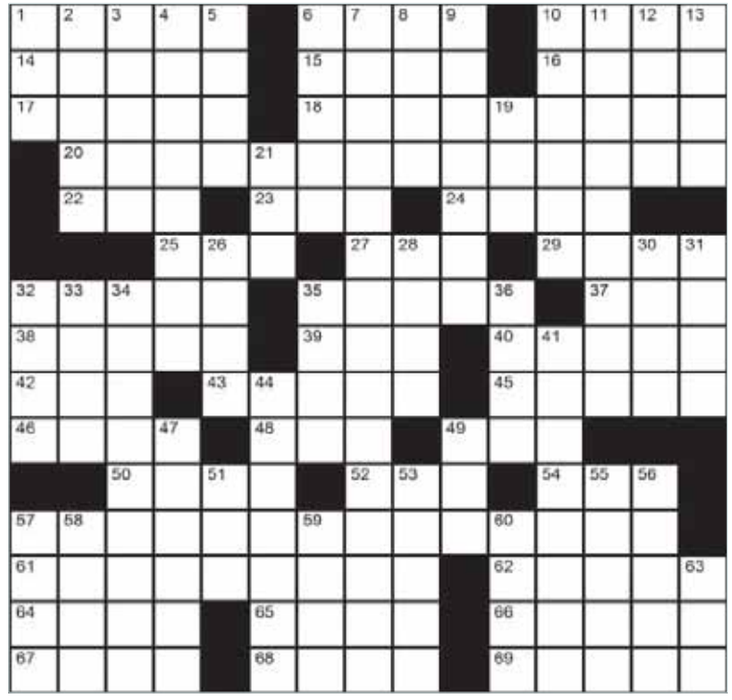
♐ Sagittarius
Nov. 23 - Dec. 21
Doors that have been closed to you in the past will open over the next few days. People who were reluctant to assist you before will now be falling over themselves to help you out.

♑ Capricorn
Dec. 22 - Jan. 20
If a loved one is in trouble today you will ride to their rescue, no questions asked. Be generous with your time and sympathy but be careful with your money.

♒ Aquarius
Jan. 21 - Feb. 19
Get out and extend your range of contacts. You may be an individualist by nature but there is only so much progress you can make on your own.

♓ Pisces
Feb. 20 - March 20
Lately you seem be missing the essential ingredient of luck that every successful person needs. Don't worry: what happens over the next few days will be very much to your benefit.

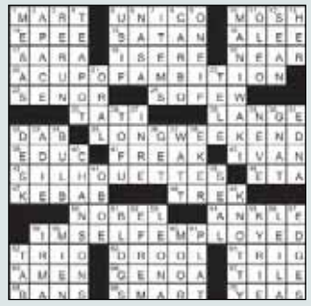
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Sorceress daughter of Helios
6. Daytime breaks
10. Dutch for 'city'
14. Stevie Wonder's "My Cherie __"
15. Butter look-alike
16. Fish type
17. Type of bean
18. Cowboy attraction in Alberta: __ _ __
National Historic Site of Canada
20. Store's stock in September: 2 wds.
22. Bawl
23. Twi'__ (Humanoid species in the 'Star Wars' universe)
24. British WWII submachine gun
25. Summer: French
27. Dye type
29. Mil. units
32. Hooded snake
35. Put __ __ to (Finish)
37. Soup sort
38. Comedian/actress Ms. Butler
39. ABC show, to fans
40. Arctic __
42. Org. on "Homeland"
43. The __ (Customer's diner request)
45. Tenet
46. Ignore
48. Canada-to-England crossing, briefly
49. Ottawa insider, briefly
50. _-__ (Cancel with a cross)
52. Dined
54. Philosopher, __-tzu
57. Pencil case items, perhaps: 2 wds.
61. Mount of Muses
62. Titles in Turkey [var. sp]
64. Mr. Johnson
65. Destiny
66. Dripping
67. Fermented soybean paste
68. River of Flanders
69. Shakira album: 'Donde __ los Landrones?'

Down
1. Toothpaste tube's twister
2. Janet Jackson hit bit: "_ __ you much..."
3. Gadgets brand on retro TV
4. Marilla __ (Colleen Dewhurst role)
5. Slangy suffix to 'Stink'
6. Aristocratic
7. Dog atop the Yukon's coat of arms: 2 wds.
8. Brazil neighbour
9. Time to eat!: 2 wds.
10. Less freshly-baked
11. Guitar's one-of-six: 2 wds.
12. 'Perform' suffix
13. Morse Code bits
19. Acct.
21. Grand Opry link
26. Russian p.o.p. d.u.o.
28. Enthusiasm
30. Stampeders or Blue Jays
31. Mens __ in corpore sano (Healthy mind/body)
32. Belonging to a Canuck TV network
33. Wholly Part link: 2 wds.
34. Musee des __-__ de Montreal
35. Have _ __ feeling (Sense)
36. Mauritius bird, once
41. Toronto's George Brown, and others
44. Fulfill
47. Malay Archipelago island
49. Apiece
51. "Pull __ _ chair!" (Relax!)
53. Shock weapon
55. Buddhist who has attained Nirvana
56. Japan's city of canals
57. Cyber-cluttering communication
58. Mata __
59. Hockey great Mr. Tikkanen, and others
60. Baby __ (Trendy salad ingredient)
63. Equivalent word [abbr.]

Friday's Crossword



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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4	5					2	
7					4		5	
8			9		5	1		
	1			7		8		3
6		2		5			9	
		1	5		8			2
	3		7					9
	5					7	3	

Friday's Sudoku

1	6	4	3	8	7	5	9	2
5	7	2	1	6	9	3	4	8
9	8	3	2	5	4	6	1	7
3	5	1	8	9	6	2	7	4
2	9	7	5	4	1	8	6	3
6	4	8	7	2	3	9	5	1
7	2	6	4	3	5	1	8	9
4	3	9	6	1	8	7	2	5
8	1	5	9	7	2	4	3	6

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